



OFFICIAL GFA COMPETITION HANDBOOK
2025-2027

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VERSION HISTORY

<i>VERSION</i>	<i>SUMMARY OF AMENDMENTS/CHANGES</i>	<i>PUBLISHED DATE</i>
Version 1.0	Document Created	January 2024
Version 1.1	Re-Vamp for 2025	December 2024

*Amendments will only be made if deemed a necessity by the WAG Committee and will be emailed and labelled as 'New' once added.

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Welcome to the official IGA Gymnastics For All Competition Handbook.

This handbook is to be followed by all participants in IGA competitions, as the competition team will use it as a guide to ensure that competitions are run to the highest standard. Our goal is to offer valuable support to clubs, coaches, and officials to ensure the smooth and successful execution of all IGA events.

CONTACT DETAILS - COMPETITIONS@IGAUK.COM

If you have any questions, please don't hesitate to contact our competition team directly. They will respond to your inquiries at their earliest availability. We're here to assist you and ensure you have all the information you need.

COMPETITION STRUCTURE

Our Gymnastics For All events are intentionally designed with flexibility, unlike the more structured formats of other disciplines. They are scheduled throughout the year to create more opportunities for children to participate. This includes special invitationals hosted in partnership with Acropad, allowing for a variety of fun and engaging experiences.

SANCTIONED EVENTS

Please note that sanctioned events listed on the website are organised by IGA-affiliated clubs and operate independently of IGA. However, we request that all clubs ensure these competitions are conducted in line with our handbooks to maintain high-quality standards.

All booked and confirmed events organised by Independent Gymnastics will be available to view via our IGA Event Finder on our website or on JustGo.

NEW

To ensure there is little disruption to competition dates, only confirmed dates will be added to JustGo. Once competitions are booked they will be uploaded.

IGA COMPETITION CODE OF CONDUCT FOR ALL MEMBERS

NEW

CODE OF CONDUCT

Please ensure that all Code of Conduct guidelines are adhered to at IGA events at all times. This applies to gymnasts, spectators, coaches, officials, and spectators. Respectful behavior, sportsmanship, and professionalism are expected from everyone involved. Any breaches of the Code of Conduct may result in disciplinary action, including removal from the event or future IGA competitions. By following these guidelines, we can maintain a positive and safe environment for all participants.

[CLICK HERE TO VIEW THE CODE OF CONDUCT POLICY](#)

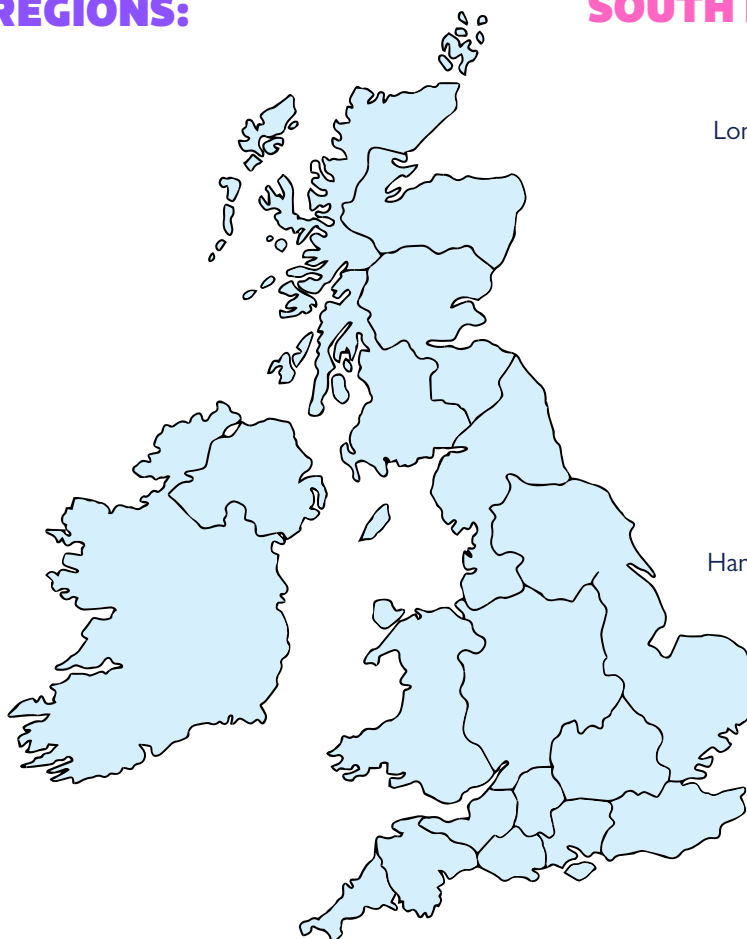


WOMEN'S ARTISTIC COMPETITION REGIONS

As a result of the remarkable expansion of the IGA association, we have divided our county into two distinct regions: South and North. It is imperative for clubs to compete and judges to judge within their designated regions to become eligible for the national finals.

NORTH REGIONS:

Cheshire
Lancashire
County Durham
Cumbria
Manchester
Merseyside
Leicestershire
Derbyshire
Lincolnshire
Northumberland
Scotland
Shropshire
Tyne and Wear
Wales
Yorkshire
Staffordshire



SOUTH REGIONS:

Devon & Dorset
Somerset
London, Essex & Kent
Norfolk & Rutland
Berkshire
Suffolk
Surrey
Sussex
Bristol
Bedfordshire
Buckinghamshire
Brighton & Hove
Gloucestershire
Northamptonshire
Hampshire, IOW & CI
Oxfordshire
Warwickshire
Cornwall
West Midlands
Cambridgeshire
Worcestershire
Herefordshire
Hertfordshire

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

SOUTHERN IRELAND:

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

COMPETITION ENTRIES

IMPORTANT INFORMATION:

NEW

All competitions entries must be submitted via the online portal within the entry and closing date. This includes Gymnasts, Coaches, Judges and Volunteers. Excel entries will not be accepted.

STEP BY STEP GUIDE:

NEW

We have provided Step by Step guides on our Youtube for using justGo - [Click here to Visit.](#)

COMPETITION ENTRY COSTS:

All GFA Competitions:

£10.00 per piece

COMPETITION ENTRY LIMIT:

Clubs can enter up to 30 gymnasts per day. If you have more than 30, we recommend running your own qualifiers for the events. As IGA grows, this will be updated according to our venue availability and sizes.

COACH TO GYMNAST RATIO:

NEW

Clubs are required to provide a sufficient coaching team based on the number of gymnasts entered. Please note that levels and age groups will be grouped together under the same judging 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.

LATE ENTRIES:

NEW

Unfortunately we are no longer able to accept late entries due to administrative work with our IGA Partners that may be in attendance. Once the deadline has closed, no more updates or changes can be made.

FIRST TIME ENTRIES:

At IGA we have allowed for entry level flexibility which allows gymnasts in their first year of competing to enter any level within the guidelines provided. We trust clubs to ensure the Level is suitable.

JUDGE ENTRIES:

NEW

Judges must be that entered on the portal, for 15 gymnasts entered a minimum of one judge must be provided. For entries of 16 gymnasts or more a minimum of two judges must be provided for the whole competition. JustGo will not allow you to complete your entry without the Judges being provided. If you require a Judge to Judge on your behalf, ensure they are connected to your club to be added to the entry form.

COMPETITION EDITS:

NEW

When registering your gymnasts for a competition through the portal, each club will have the ability to edit their entries up until the closing date by clicking 'My Bookings' when in the Events and Courses section. After the event registration closes, no further edits can be made, so we advise all clubs to ensure all entries are final and accurate.

COMPETITION ENTRIES CONTINUED

COMPETITION ENTRIES AND EVENT PLAN

NEW

Our IGA event plans include specific timelines that we must meet to ensure a successful and well-organised competition. These timelines will be followed to the best of our ability.

6 WEEKS PRIOR

Entries will open on the portal for two weeks. You can edit and view your entries within this time period. Please ensure all details are correct.

4 WEEKS PRIOR

Entries will close. And the competition organiser will begin planning the Event Plan. IGA will notify Partners of their requirements.

4 - 2 WEEKS PRIOR

Event Plans will be sent to all clubs, including allocation of Judges, We kindly ask clubs notify us of any mistakes or errors.

2 WEEKS PRIOR

Final Event Plan will be added to the website under competitions and programmes, Spectator tickets will now go live on the website.

EVENT PHOTOGRAPHY:

We kindly ask that all clubs clearly state if they any participants are unhappy for their gymnasts to be filmed and photographed whilst at an IGA Event. Our marketing team may be in attendance and will be launching live streams and social content. Whilst efforts will be made to respect the privacy preferences of individuals, it may not be possible to accommodate everyone's preferences.

Spectators are able to take photography or film, However these cannot be sold for commercial use and must not use flash photography at any IGA Event.

All mobile phones must be set to silent while on the competition floor. Video content can be taken of your own club with the agreement of the gymnasts right to be filmed.

Please note high quality photo's provided by our contracted Photography company may be used on our official IGA website and social media platforms.

COMPETITION RULES

IGA Clubs and Club Administrators are expected to uphold specific responsibilities when participating in an IGA competition. This includes ensuring that all entries are accurate, adhering to competition rules, and following the Code of Conduct. Clubs must also ensure that gymnasts, coaches, and supporters are well-informed and prepared to represent their club in a positive and professional manner.

QUALIFIED COACHES

NEW

Clubs and Club Administrators are responsible for ensuring that all coaches attending IGA competitions hold the appropriate qualifications for the skills being performed. A minimum qualification of Level 2 is required to assume responsibility for a group of gymnasts. Additionally, all coaches must hold a current, valid DBS check and IGA membership. As all coaches must be added on the IGA JustGo portal, if you do not meet these requirements, you will not be able to book onto the competition as a coach.

Coaches not booked onto the portal cannot attend an IGA Event.

CLUB AFFILIATION

Clubs and Club Administrators must ensure the club entering the competition has active IGA Affiliation.

VOLUNTEERS

NEW

We offer various volunteer roles for clubs to participate in and help ensure the smooth running of the event on the day. Your involvement is highly valued, and we greatly appreciate any support you can provide. If you are interested in volunteering, please select the role you would like to take part in on the registration form.

ENTRY PAYMENT

NEW

The total cost of the Event will be £0.00 until you select the product option on the entry process to add the number of pieces the gymnast will be participating in into the Cart.



Apparatus

From the drop down list, select how many apparatus the gymnast will be competing on.

Once you've selected the quantity remember to tick add to cart. If you do not tick this, the entry will show an incorrect amount on your invoice and their their place in the competition is not guaranteed.

£10.00

This will appear in the registration form of the entry form and is a required field.

WITHDRAWALS & REFUNDS

Refunds for entry fee's are only made in the event of an injury, and a valid medical note must be provided as evidence. In all other cases, entry fee's are non-refundable

GYMNAST NUMBERS

Clubs will be responsible for ensuring all gymnasts have registered and collected their designated number. Please note these numbers are property of IGA and must be returned to the Judges after your last competitive piece of apparatus. Failure to return property of IGA may result in a replacement charge applied to the club.

GYMNASTS RIGHTS **NEW**

The inclusion of Gymnasts' Rights in the competition handbook reflects our commitment to fostering a safe, respectful, and supportive environment for all athletes. By clearly outlining these rights, we aim to empower gymnasts, ensuring they understand their entitlements regarding safety, fair treatment, and the freedom to express their concerns.

Have their performance judged correctly, fairly, and in accordance with the stipulations of the Code of Points.

Repeat their entire exercise (without deduction) by approval of the head office or competition organiser.
I. if the exercise has been interrupted for reasons beyond their control or responsibility.

Briefly leave the competition hall for personal reasons.
Note: The competition may not be delayed through the absence

JUDGES RIGHTS

NEW

Judges are entitled to work in a respectful environment free from harassment or undue pressure from coaches, gymnasts, or parents.

Judges have the right to evaluate each gymnast's performance fairly and impartially, based on the established scoring criteria and guidelines.

Judges have the authority to stop a performance if they believe a gymnast's safety is at risk due to equipment issues, unsafe conditions or notify the safeguarding officer for concerns regarding the gymnasts performance.

Judges have the right to withdraw from judging if they feel that they cannot remain impartial due to personal bias, conflicts of interest, or external pressures.

COACHES RIGHTS

NEW

The Coaches' Rights section in the competition handbook is included to ensure that all coaches are treated with fairness, respect, and professionalism during competitions. This section outlines their entitlements, such as having access to clear competition guidelines, being able to advocate for the safety and well-being of their athletes, and receiving appropriate support from competition organisers. By defining these rights, we aim to create an environment where coaches can perform their roles effectively, make informed decisions, and foster a positive experience for both gymnasts and themselves throughout the competition.

Assist the gymnast or team under their care on the competition floor during the warm-up period on all apparatus.

Be present at all apparatus to help in case of injuries or defects of the apparatus.

Submit a score Inquiry to the IGA Superior Jury concerning the evaluation of the content of the exercise (D-score) of the gymnast. The Superior Jury will be the IGA Office Team Member present at IGA Events.

COMPETITION ORGANISER RIGHTS **NEW**

The rights of the competition organiser are essential for ensuring that events run smoothly and efficiently. Organisers have the right to establish and enforce rules, regulations, and guidelines that govern the competition, ensuring a fair and safe environment for all participants. They also have the authority to make decisions regarding scheduling, venue management, and the overall structure of the event.

To call and chair all judges' meetings and instruction session, with the head office present.

To make sure that the time schedule published in the Workplan is respected.

Organisers can create and modify the event schedule as needed, including session times, warm-up periods, and competition order, to optimise the flow of the event.

Organisers have the authority to manage the competition venue, including the setup, safety measures, and any necessary adjustments to accommodate participants and spectators.

Organisers only have the authority to handle competition inquiry requests in the absence of an IGA Head Office member.

IGA HEAD OFFICE RIGHTS **NEW**

A member of the head office will always be present at IGA competitions to ensure that the event runs smoothly and fairly for all participants. Their role is to act as an impartial representative who is unattached to any specific club, allowing them to provide a balanced perspective on all aspects of the competition. This presence not only helps maintain a level playing field but also ensures that the event adheres to IGA guidelines and standards. By having a dedicated head office member on-site, we aim to foster an inclusive and supportive environment for all athletes, coaches, and spectators, ultimately enhancing the overall experience of IGA events.

To supervise the overall technical direction of the competition including Judges and Coaches meetings.

At every IGA gymnastics competition, the head office holds the right to manage all score requests submitted to the head table. This process ensures that any inquiries regarding scores are handled efficiently and transparently. Each score request will be thoroughly investigated, and a written explanation will be provided to the coach to clarify any concerns.

The head office has the authority to investigate any disputes or concerns raised during the competition and provide clear resolutions.

The head office can monitor compliance with athlete eligibility requirements, ensuring that all competitors meet the necessary standards.

The head office is responsible for ensuring that all safety protocols are followed, maintaining a safe environment for athletes and spectators.

The head office holds the final authority on all decisions related to the competition, including the handling of protests and appeals.

The Scorer at the competition have the right to a scoring table that is not interrupted at any point during the event. Any disruptions can lead to mistakes in scoring and affect the overall integrity of the competition.

COMPETITION RULES CONTINUED

SCORE CHALLENGES

NEW

In the event of a coach requiring to challenge a score. It is required for coaches to submit the score challenge to the competition organiser before the end of the final rotation. Coaches must not approach the judging table and must approach the head office team member. A £5 cash fee will be required to be paid for all score challenges, this will be refunded if the challenge is upheld. A written explanation will be given to the coach upon investigation. Video or Photo's cannot be used as evidential material unless requested. Please note that the decision of the head office member or competition organiser regarding the score challenge is final, once a competition is complete a score cannot be contested.

SAFETY RULES

EQUIPMENT

We follow FIG Guidelines on equipment at all Events, the only height changes applicable to the competition are the vault heights which are set by the technical team and UB heights upon request. All equipment is quality checked by the competition team before an event has started.

FIRST AID KITS

It is the coaches responsibility to ensure they attend all IGA events with a first aid kit on hand to address any minor injuries. Our officials will provide a first aider at every IGA event. Accidents at an IGA event will be documented.

GYMNAST SAFETY

Coaches must be responsible for the safety of their gymnasts, we are allowing coaches to stand under the Uneven Bars, Vault & Beam Dismounts. Coaches however must not stand on the floor unless spotting a Level 4 Skill. I.E Double Tuck. Direct spotting during a competition routine will incur a judging penalty.

To encourage the safety and protection of Gymnasts, IGA are happy for gymnasts to wear coloured limb supports during competition and will receive no penalty. Please ensure gymnasts are fit and healthy up to two weeks before to be competing at IGA Competitions.

SAFEGUARDING

NEW

Our Senior Safeguarding Officer may attend some competitions to ensure the safety and well-being of everyone involved. This presence is part of our ongoing commitment to maintaining a secure and supportive environment for all participants, coaches, and spectators within the IGA community.

COMPETITION ATTIRE

APPROPRIATE DRESS CODE

Please ensure all participants, Coaches, Officials and Gymnasts are wearing the appropriate dress code. Leotards can be worn with or without sleeves. Underwear on show must match the gymnast's skin tone, or as close as possible, failure to do so will receive a 1.00 penalty from the final score. Gymnasts are allowed to wear shorts during competition, however these must be plain gymnastics shorts and unbranded.

ALTERNATE COMPETITION ATTIRE

Gymnasts may wear alternate competition attire based on their faith or religion, including head coverings. The club will be responsible for assessing any potential risks and take appropriate safety measures.

GYMNAST JEWELLERY

Following FIG guidelines, only studs are allowed to be worn at competitions.

COACH/GYMNAST HAIR

At IGA we require all long hair to be tied back for all participating/coaching.

JUDGES ATTIRE

Judges are required to wear IGA T-shirts during IGA competitions. This is to enable clear indication on who the Judges are at competitions. We will have several sizes available for borrowing; however, if you prefer to purchase your own, you are welcome to do so via the JustGo online shop.

In 2025, all Judges who attend an IGA Course will be given an IGA T-Shirt for future competitions.

IGA OFFICIALS

All IGA officials on site will be easily identified should you require their support at any point as they will be in attendance in their IGA uniform.

IGA AWARDS

REGIONAL & NATIONAL AWARDS

Medals are awarded for all individual pieces of apparatus. Participation medals are available at every competition for Coaches to collect on behalf of their gymnasts who did not receive a medal.

NEW

MEDAL CEREMONIES

In instances where age groups are spread across multiple rounds, IGA will announce the top six gymnasts on each piece of apparatus. Those who do not place in the top six will still receive a participation medal and are not required to stay local for the remainder of the competition. This ensures that all participants are recognised for their efforts while allowing for a streamlined event schedule.

NEW

When the scoring is being calculated please refrain from approaching the scoring table. The scorer requires full concentration in order to complete correct scoring results.



COMPETITION LEVELS

Includes Age Groups, Scores, Judging Panels, Composition & Competition Prep.

GYMNASTICS FOR ALL COMPETITION LEVELS

Here are the competition levels within the IGA Gymnastics For All program. Please make certain that your gymnasts are registered in the appropriate competition levels.

Level 1 – White	Level 5 – Iceberg Blue
Level 2 – Baby Blue	Level 6 – Sapphire Blue
Level 3 – Skye Blue	Level 7 – Denim Blue
Level 4 – Maya Blue	Level 8 – Royal Blue

COMPETITION AGE GROUPS:



It is essential that clubs register gymnasts in the correct age groups for each event. A gymnast's age group is determined by the age they will turn during the calendar year. For example, a child who is 6 but will turn 7 later in the year should be entered in the 7-year-old age group.

NEW

It is the club's responsibility to ensure the gymnast has been entered in the correct category. Please check the entry form and make the correct edits **BEFORE** the competition closes. Once the entries have closed this cannot be amended.



LEVELS REQUIREMENTS

JUDGING RESOURCE PACK

NEW

IGA has provided judging resource packs which will sit on every judges' table at an IGA official Event. These are also available for download. These packs include deductions for each apparatus, along with a general table of faults. We encourage you to download these resources for your reference.

[CLICK HERE TO DOWNLOAD THE JUDGING PACK](#)






IGA CODE OF POINTS - TECHNIQUE TOOLBOX

NEW

The Code of Points for all skills is now available on our Technique Toolbox, part of the Insight Hub. This growing platform will eventually house detailed information, including skill difficulty, coaching and judging points, as well as videos and photos. You may notice slight changes as we aim to make our skills more progressive and to broaden opportunities for gymnasts. Each skill is categorised by discipline, apparatus, and skill type for ease of reference.

A B C D E F G H I J K L M N
O P Q R S T U V W X Y Z

Filter By: Skill Difficulty ▾

Skill Name	Skill Difficulty	Summary	
1/2 Spin	A	WAG - Floor/Beam - Spin	LEARN MORE 
Arabesque (Leg Above Horizontal)	B	Floor/Beam (WAG) - Balance	LEARN MORE 
Arabesque (Leg Below Horizontal)	A	Floor/Beam (WAG) - Balance	LEARN MORE 

[DIRECT LINK TO THE INSIGHT HUB](#)



LEVEL 1 - WHITE

FLOOR

- Forward roll down slope. (0.5 Bonus given if no slope is needed).
- Bunny hops x 2.
- Tuck, Pike, Straddle sit with hands. (Hold each shape for 3 seconds).
- Shape 1 Shape 2, Bridge (Hold for 3 seconds)
- Step up on the bench without hands.
- Place bean bag on head and walk to the dot on tiptoes.
- Stalk Balance for 3 seconds. Beanbag down.
- Straight jump dismount to land. (0.5 Bonus if gymnast holds the landing for 3 seconds).

VAULT - EQUIPMENT: GYMNASTICS FOR ALL BOX STYLE VAULT.

- Bunny Hop on Vault top.
- Walk to the end on toes.
- Straight jump off to land.

TRAMPETTE - EQUIPMENT: TRAMPETTE WITH CRASH MAT FOR LANDING.

- Star Jump

LEVEL 2 - BABY BLUE

FLOOR

- Forward Roll.
- Cartwheel using Cartwheel mat or Hands + Feet.
- Bridge held for 3 seconds.
- Tuck, Pike, Straddle sit. (Hold each shape for 3 seconds) (0.5 Bonus without hands)
- Bunny Hop onto bench.
- Bunny hops side to side x 2.
- From crouch straight jump up.
- Stork Balance held for 3 seconds.

VAULT - EQUIPMENT: GYMNASTICS FOR ALL BOX STYLE VAULT.

- Squat on, Star Jump off (connected)

TRAMPETTE - EQUIPMENT: TRAMPETTE WITH CRASH MAT FOR LANDING.

- Tuck Jump OR
- Jump Half turn (0.5 Bonus)

LEVEL 3 - SKYE BLUE

FLOOR

- Backward roll using slope. (0.5 Bonus without slope)
- Jump Half turn.
- Cartwheel
- Shoulder stand.
- Bridge on one leg
- Handstand
- Squat on bench.
- Tuck jump.
- Dips x2.
- Arabesque. (Hold for 3 seconds).
- Jump half turn dismount (0.5 Bonus if gymnast holds it for 3 seconds).

VAULT - EQUIPMENT: GYMNASTICS FOR ALL BOX STYLE VAULT.

- Squat Through or Straddle over

TRAMPETTE - EQUIPMENT: TRAMPETTE WITH CRASH MAT FOR LANDING.

- Dive roll to stand or Jump Full Turn (0.5 bonus)

LEVEL 4 - MAYA BLUE

FLOOR

- Backward Roll on floor.
- Tuck jump Half turn.
- 1 handed Cartwheel
- Tuck headstand – 3 second hold (0.5 Bonus for straight legs) 5. Bridge on one leg hold, hold on other leg (3 seconds each leg) 6. Handstand (3 second hold)
- Straddle leaver on bench.
- Tuck Jump
- Star jump.
- Arabesque. (Hold for 3 seconds).
- Cartwheel off the Bench.

VAULT - EQUIPMENT: 2 X 30 CM CRASH MATS.

- Handspring Flatback

TRAMPETTE - EQUIPMENT: TRAMPETTE WITH CRASH MAT FOR LANDING.

- Round off

LEVEL 5 - AQUA BLUE

FLOOR

- Backward roll to straddle
- Straddle up to handstand step down
- Tuck jump half turn
- Round off Star Jump
- Bridge kickover (0.5 Bonus backbend to bridge) (0.5 Bonus for boys to kickover) 5. Pike or straddle fold (Hold for 3 seconds)
- Straddle lever on bench. (Hold for 3 seconds).
- Tuck Jump, Star Jump connected
- Cat leap
- Handstand
- Arabesque or Y balance (0.5 bonus) (Hold for 3 seconds)
- Roundoff dismount.

VAULT - EQUIPMENT: GYMNASTICS FOR ALL BOX VAULT - LONGWAYS

- Squat on, Round off Or Squat on, Handstand off (0.5 Bonus)

TRAMPETTE - EQUIPMENT: TRAMPETTE WITH CRASH MAT FOR LANDING.

- Round off Or Flyspring (0.5 bonus)

LEVEL 6 - SAPPHIRE BLUE

FLOOR

- Cartwheel-Roundoff.
- Y- Balance
- Split Jump half turn
- Backbend-Kickover. (0.5 Bonus for back walkover) Turn on toes
- Handstand-Bridge. (0.5 Bonus for forward walkover) 6. Splits, or, Press up.
- Straddle lever on bench.
- Split Jump.
- Cartwheel.
- Half Spin or Jump half turn
- Roundoff dismount.

VAULT - EQUIPMENT: GYMNASTICS FOR ALL BOX VAULT OR 2 X 30CM CRASH MATS

- Handspring to Stand Or Handspring over

TRAMPETTE - EQUIPMENT: TRAMPETTE WITH CRASH MAT FOR LANDING.

- Flyspring Or Tuck Front Somersault (0.5 Bonus)

LEVEL 7 - TOPAZ BLUE

FLOOR

- Split Jump half turn.
- Cartwheel-backwards walkover (0.5 bonus Flick) 3. Y- Balance on tip toe
- TicToc
- Forward Walkover (0.5 bonus for 1 handed)
- Splits, or, Press up.
- Straddle lever on bench.
- W Jump.
- 1 handed Cartwheel.
- Full Spin or Jump Full Turn
- Turn on toes
- Roundoff Star Jump.
- Handspring (0.5 bonus)

VAULT - EQUIPMENT: GYMNASTICS FOR ALL BOX VAULT

- Handspring over

TRAMPETTE - EQUIPMENT: TRAMPETTE WITH CRASH MAT FOR LANDING.

- Flyspring Or Tuck Front Somersault (0.5 Bonus)

LEVEL 8 - ROYAL BLUE

FLOOR

- Cartwheel-Flick (0.5 bonus Round off Flick) 2. Y- Balance on tip toe
- TicToc
- Chasse Split Leap
- 1 handed Forward walkover (0.5 bonus for forwards walkover into 1 handed forwards walkover) 6.
- Splits, or, Press up.
- Straddle lever on bench.
- Split Jump, W Jump connected.
- Full Spin or Jump Full Turn
- Backwards walkover on bench
- Cartwheel to handstand, stepdown
- Roundoff Straddle Jump.
- Ariel (0.5 bonus)

VAULT - EQUIPMENT: GYMNASTICS FOR ALL BOX VAULT OR 2 X 30CM CRASH MATS

- Half on

TRAMPETTE - EQUIPMENT: TRAMPETTE WITH CRASH MAT FOR LANDING.

- Tuck Front Somersault Or Barani (0.5 Bonus)