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# **OFFICIAL ACRO COMPETITION HANDBOOK**

## **2025**

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## **VERSION HISTORY**

<b><i>VERSION</i></b>	<b><i>SUMMARY OF AMENDMENTS/CHANGES</i></b>	<b><i>PUBLISHED DATE</i></b>
Version 1.0	Document Created	December 2024

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## Welcome to the official IGA Acro 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](mailto: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 competition season spans from January to December annually. The competitions consist of friendly invites, regionals, and National finals throughout the year.

Invitationals are fun competitions that serve great opportunities to increase gymnasts preparation by performing their routines regularly throughout the year.

#### 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](#)

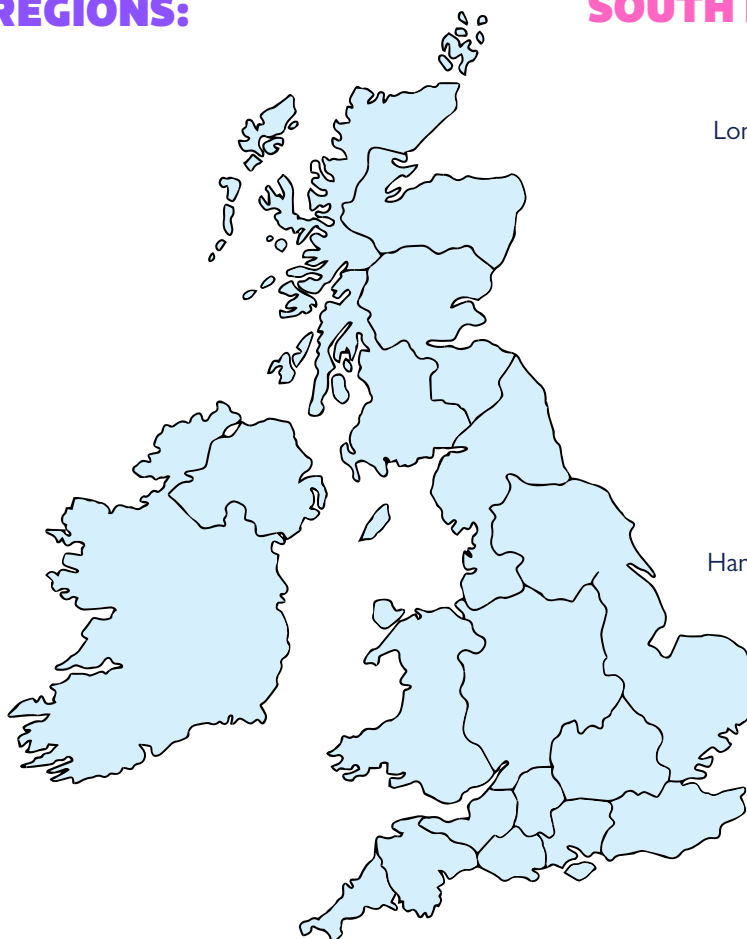


## WOMEN'S ARTISTIC COMPETITION REGIONS

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:

**Regionals & Nationals:**

£10.00 per gymnast, per event.

### COMPETITION ENTRY LIMIT:

We currently have no entry limit as of yet - As IGA grows this may be implemented at a later date.

### 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.

### FLOOR MUSIC

**NEW**

Gymnasts competing Floor with Floor music, must have their music downloaded digitally onto the Coaches preferred device (Mobile/iPad). We cannot play YouTube videos.

The music may contain words or lyrics, however these must be appropriate otherwise music will be silenced during the routine and the partnership will receive a base score.

Music length is as follows:

1 min 30 secs to 2 min 30secs for pairs and trios

3 mins max for group 6



## 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.

### 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.

### TARIFF SHEETS

Coaches are tasked with the duty of arriving at the IGA competition well-prepared with tariff sheets for each partnership for the judges. It is crucial that these sheets are accurate, aligned with the gymnast's routine, and presented in a clear and concise manner, ensuring that the judges can efficiently assess the performance without overlooking any significant skills and calculate their tariff.

Failure to provide tariff sheets will only result in 1.00 penalty being deducted from the Gymnast's final score. We cannot penalise children, for adult errors, so please ensure you have these at our Events.



## COMPETITION RULES CONTINUED

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### 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. 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

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### 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 be on available on all tumble runs. 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.

## **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.  
1. 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

Allow mats to be used during warm up for D Element Skills. Double Tucks are all allowed a 10cm mat.

## **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.

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 ATTIRE**

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### ***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**

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### **REGIONAL & NATIONAL AWARDS**

Medals are awarded for all individual gymnasts - 1st/2nd and 3rd.  
Participation medals are awarded to all gymnasts who did not receive an IGA medal.

### **MEDAL CEREMONIES**

**NEW** 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.

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.

## **NATIONAL FINAL QUALIFICATION**

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### **HOW TO QUALIFY:**

Gymnast must compete at the IGA qualifier competition held in their own region to qualify for National Finals to represent their Region. Once entries have been received for the regionals then a criteria will be made to explain how many partnerships will qualify to represent their Region at an IGA National Final.

If a gymnast from a partnership is unable to attend the finals then the club will be allowed to swap the gymnast in the partnership for a gymnast of equal ability but they must still apply to the partnership guidelines and the levels guidelines. If the club is unable to do this then the place at the IGA National Finals will be offered to the next highest scoring partnership.

### **RESERVES**

Athletes who placed 7th and 8th in the scoring will be designated as reserve competitors for the nationals. If a qualified athlete within the top 6 is unable to attend, the athlete with the next highest score will be given the opportunity to compete, until the final team is complete.

### **IGA NATIONAL SQUAD**

**NEW** Our team is currently working to establish a National Squad selection, where selected gymnasts will be rewarded with exclusive training days at various gyms across the country. If your club is interested in hosting one of these training days, please contact our team with your available dates. We appreciate your support in providing valuable opportunities for our gymnasts.



# **COMPETITION LEVELS**

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# ACRO COMPETITION LEVELS

Here are the competition levels within the IGA Tumbling programme.  
Please make certain that your gymnasts are registered in the appropriate competition levels.

## COMPETITION AGE GROUPS:



Acrobatic Gymnastics will be split into two sections (Acro Titans and Acro Warriors).

The aim of this is to allow grass roots in Acrobatic Gymnastics the chance to develop and gain experience of National Finals.

**NEW** **ACRO TITANS**  
Acro Titans is for lower level Acro gymnasts and Acro Warriors is for higher level Acro gymnasts. Each gymnast must fit into one of the sections for all their routines and can not cross into the other section for their routines. This will ensure that experienced gymnasts are not then competing against low level gymnasts too, giving them all a chance of success.

<b>ACRO TITANS</b>	
<b>PAIRS</b>	<b>TRIOS</b>
Level 1 - Max 3.0 Tariff	Level 1 - Max 3.0 Tariff
Level 1 - Max 3.8 Tariff	Level 1 - Max 3.8 Tariff
Level 2 - Max 3.0 Tariff	Level 2 - Max 3.0 Tariff
Level 2 - Max 3.8 Tariff	Level 2 - Max 3.8 Tariff
Level 3 - Max 3.0 Tariff	Level 3 - Max 3.0 Tariff

**LEVEL 1 TARIFF 2.4 MAY NOT BE ELIGIBLE FOR NATIONAL FINALS.**

<b>ACRO WARRIORS</b>	
<b>PAIRS</b>	<b>TRIOS</b>
Level 3 - Max 3.8 Tariff	Level 3 - Max 3.8 Tariff
Level 4 - Max 2.0 Tariff	Level 4 - Max 3.0 Tariff
Level 4 - Max 3.8 Tariff	Level 4 - Max 3.8 Tariff
Level 5	Level 5
Level 6	Level 6

<b>GROUP 6</b>		
Level 1 & Level 2 (Acro Titans Only)	Level 3 (Max 3 Acro Warriors)	Level 4 & 5 (Acro Warriors Only)

**NEW** Gymnasts can compete as many events as they wish in different disciplines (women's pair, mixed pair, men's pair, women's trio, men's trio, mixed trio) However, if they are repeating an event, they must change their role in the partnership e.g. if a gymnast is doing two women's pairs this is only possible if they are a top in one and a base in another. Please remember they must remain as an Acro Titan or Acro Warrior and not cross over

**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.

**NEW****ACRO JUDGING**

The judges will judge routines based on the following criteria:

<b>TERM</b>	<b>DESCRIPTION</b>	<b>MARKED OUT OF</b>
Execution	Technical errors for moves such as wobbles, falls, bent legs, unpointed toes etc.	<b>10.00</b>
Difficulty/Tariff	This will be determined by which moves the gymnasts are competing.	<b>3.0 OR 3.8</b>
Quality of Performance	This is based on the quality of the performance and extension being shown throughout the routine	<b>0.5</b> <small>(min 0.2 allowed to be given as every gymnast has shown their confidence in getting on the floor to perform)</small>
Relationship & Partnerships	This will be broken down as follows: Ability of gymnasts (noticeably different) & Height (if below shoulder height 0.5 deduction if questionable 0.3)	<b>0.2</b> <b>0.5</b> <b>0.3</b>
	<b>MAX SCORE</b>	<b>14.5 OR 15.3</b>

**WHEN IN DOUBT, GIVE BENEFIT OF THE DOUBT TO THE GYMNAST!**

**DETERMING TARIFF**

To determine the tariff of individual elements the tariff of the move that each gymnast is doing will be added together then divided by the amount of gymnasts in the partnerships.



# **LEVELS REQUIREMENTS**

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## 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		WAG - Floor/Beam - Spin	<a href="#">LEARN MORE</a> 
Arabesque (Leg Above Horizontal)		Floor/Beam (WAG) - Balance	<a href="#">LEARN MORE</a> 
Arabesque (Leg Below Horizontal)		Floor/Beam (WAG) - Balance	<a href="#">LEARN MORE</a> 

[DIRECT LINK TO THE INSIGHT HUB](#)

