



OFFICIAL WAG COMPETITION HANDBOOK

2025

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VERSION HISTORY

VERSION	SUMMARY OF AMENDMENTS/CHANGES	PUBLISHED DATE
Version 1.0	Document Created	January 2024
Version 1.1	Amendments	July 2024
Version 1.2	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 Women's Artistic 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

January to June

Gems Grades [Regional & Nationals]
IGA Team Event [National]
Floor & Vault Competition [North and South - Level Rules]
Jersey Invitational [North and South - Level Rules]

September to December

Levels Competition [North and South]
Levels National Final
AcroPAD Invitational [North and South - AcroPAD Rules]
Floor & Vault Competition [North and South - Level Rules]

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](#)

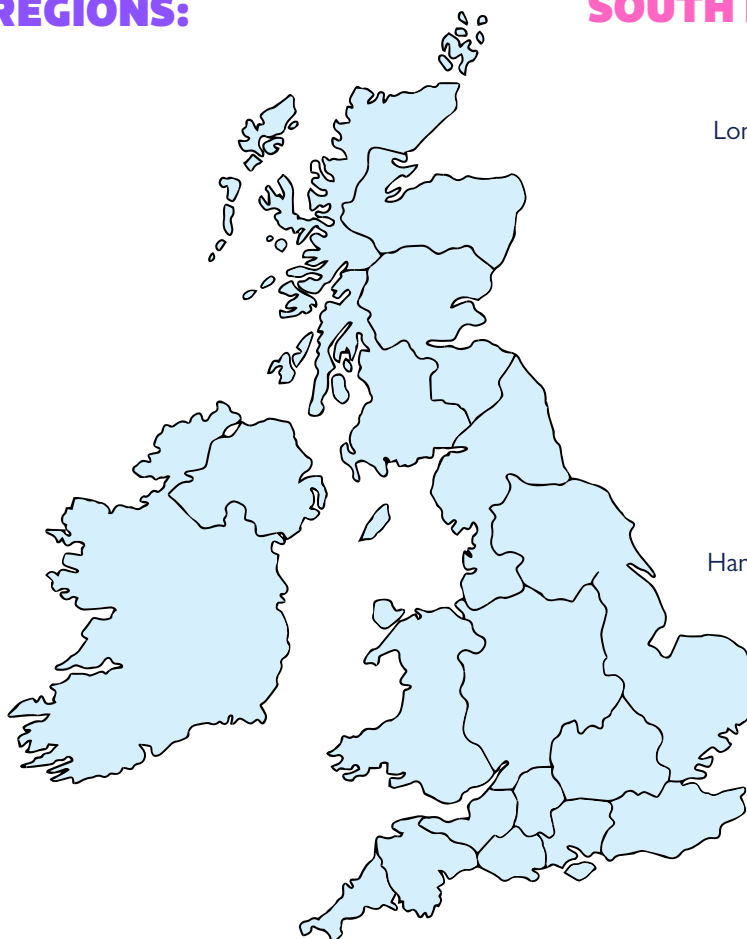


WOMEN'S ARTISTIC COMPETITION REGIONS

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:

Gems Grades:

£45.00 - All 5 pieces must be competed for this Event.

All Levels:

£10.00 per piece

Invitationals:

£10.00 per piece [can vary to include extra activities]

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

FLOOR MUSIC:

Music can now be uploaded as an MP3 during competition entry process, cannot be changed afterward, and must be clearly labeled with the gymnast's full name and club. Please also ensure a spare copy is brought to the event.

NEW

Please upload your Music *

The music must be a maximum of 1 minute 30 seconds long and not contain words or lyrics, However human sounds are permitted, as long as they are not spoken or sung words.

The gymnasts music must not violate any copyright music rights. Original Disney and Cique De Soleil music is not permitted, However re-makes that are available from Floor Music creators are accepted.

HELPFUL INFORMATION

Incorrect music will result in a 1.00 deduction. If you're unsure regarding music, please contact competitions@igauk.com and we can help.

NEW

AS THIS IS A NEW UPDATE, PLEASE ALSO ENSURE A SPARE COPY IS BROUGHT TO EVERY EVENT, IDEALLY ON A PHONE OR MP3 DEVICE!

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

The total cost of the Event (Not Gems) 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.

NEW



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.

1. if the exercise has been interrupted for reasons beyond their control or responsibility (technical error in music caused by IGA).
2. if a handguard (grip) is significantly torn causing a fall, or interruption. The gymnast must immediately show the broken handguard (grip) to the Head Judge before leaving the podium in order to receive permission to repeat the exercise.

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

Use magnesium on Uneven Bars and to make small markings on the Balance Beam.

Have the one spotter for all Beam and Uneven Bar dismounts (without deductions).

Have the one spotter for Transition Skills on Uneven Bars (without deductions).

Rest or recuperate for up to 30 seconds following a fall from the UB and 10 seconds following a fall from BB (without deduction).

Confer with their coach during the time available to her following a fall from the apparatus, and between the first and second vault.

Request permission to raise both bar rails (UB), if their feet touch the mat during the exercise, according to the most recent Apparatus Norms. Distance cannot be changed except for small gymnasts performing transition skills.

Allow mats to be used during warm up for D Element Skills. Double Tucks are all allowed a 10cm mat. Level 10, 9 & 8 Mini Marvels and Little Leapers must have 30cm mats underneath Beam.

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 gymnast's 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.

Help the gymnast or team prepare the apparatus for competition:

1. VT, UB and BB to prepare the springboard and position the supplementary landing mat.
2. VT to prepare the safety collar.
3. UB to adjust and prepare the UB rails.

Be present on the competition floor to remove the springboard on UB and BB

Be present at UB during the gymnast's exercise for reasons of safety – it can be the same or a different coach who removes the springboard.

Assist or advise the gymnast during the intermediate fall time period on all apparatus, and between the first and second vault.

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

INTENTION SHEETS

Coaches are tasked with the duty of arriving at the IGA competition well-prepared with intention sheets for the judges. It is crucial that these intention 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.

Failure to provide an Intention sheet will only result in 1.00 penalty being deducted from the Gymnast's final score. We do not like to penalise children, for adult errors, so please ensure you have these at our Events.

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

NEW

Medals are awarded for all individual pieces of apparatus.
Those who compete in all 4 pieces will be in contention for the all-around Trophy.
Participation medals are available at every competition for Coaches to collect on behalf of their gymnasts who did not receive a medal.
Gymnasts competing alone will be awarded 1 Gold medal and the overall trophy.

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

HOW TO QUALIFY:

NEW

All participating gymnasts must compete at the IGA qualifier competition held in their own region to qualify for National Finals to represent their Region.

Participating gymnasts must place in the top 6 with an AA score at the Qualifier to represent their Region at an IGA National Final. Level's and Age Groups must have a minimum 4 gymnasts in their category to compete again at a National Final.

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

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

WOMEN'S ARTISTIC COMPETITION LEVELS

Here are the competition levels within the IGA Women's Artistic program.
Please make certain that your gymnasts are registered in the appropriate competition levels.

<p>LEVEL 10</p>	<p>AGES 5 TO 10YRS (IN THE YEAR OF COMPETITION)</p>	<p>Designed for beginners who receive training for no more than 4 hours per week. It caters to new, young, and inexperienced gymnasts, providing them with a suitable program to develop their skills in a supportive environment.</p>
<p>LEVEL 9</p>	<p>AGES 5 TO 13 YRS (IN THE YEAR OF COMPETITION)</p>	<p>This level is designed for gymnasts up to the age of 13 who receive training for up to 6 hours per week. It provides a suitable program for gymnasts in this age range to develop their skills and abilities within the designated training hours.</p>
<p>LEVEL 8 - 1</p>	<p>AGES 7+ (IN THE YEAR OF COMPETITION)</p>	<p>These levels are specifically designed for gymnasts who receive training for more than 5 hours per week. The training programs and requirements in these levels are tailored to gymnasts who have a higher level of commitment and dedicate more time to their training. These levels provide a platform for gymnasts to further develop their skills and progress in their gymnastics journey.</p>

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.

NEW

Groups with large numbers of competitors will be split into Junior and Seniors at the competition organisers discretion. However if this competition is a qualifier for Nationals, Age groups will not be split.

DEVELOPING THROUGH LEVELS

At IGA to enable a fair competition and to encourage the development of the gymnast, Gymnasts scoring above the below scores at the Level's competitions are required to move up a level for the next year.

NEW

Gymnasts are not permitted to drop down a level and may only progress to the next level if they meet the required move up score for their level. If a gymnast does not meet the necessary standards, they will not be eligible to advance.

We have based our move up scores on just underneath an 85% success rate.

LEVEL 10 = 40.00

LEVEL 4 = 51.00

LEVEL 9 = 42.00

LEVEL 3 = 52.00

LEVEL 8 = 45.00

LEVEL 2 = 54.00

LEVEL 7 = 46.00

LEVEL 1 = 56.00

LEVEL 6 = 48.00

Once a gymnast has reached this score they are then able to work towards the next requirements for their new level.

NEW

LEVEL 5 = 49.00

Coaches and gymnasts can use any IGA Official Levels or Invitational competition to gain the move up score providing they have been judged by IGA certified judges.

NEW

SAFE PARTICIPATION AT IGA EVENTS

NEW

IGA Coaches are encouraged to prioritise the gymnast's ability to perform all required skills safely, rather than focusing solely on achieving higher scores. Well-executed basics are preferred over attempting higher-scoring skills. Emphasising clean, well-executed routines with minimal deductions promotes overall performance excellence and enables gymnasts to progress through levels confidently. Please note, our Safeguarding Officer may be present at IGA competitions and has the authority to intervene if they feel a potential accident or safety risk is imminent.

NEW

JUDGES PANELS

To facilitate efficient and fair judging, each panel will consist of one Head Judge from the D Panel, responsible for ensuring that all skills are counted and included in the routine, as well as overseeing execution. The E Panel will focus solely on the execution of the routines. This keeps deliberation to a minimum and allowing a more streamlined event.

HEAD JUDGE:

Decides on Difficulty Value & Execution

E PANEL JUDGE:

Focuses solely on execution.

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

ARTISTRY (COMPOSITION) & COMPETITION PREP

We have reflected on the 2024 competition season and believe it would be beneficial for clubs to receive clear guidance and support regarding artistry and competition preparation.

COMPOSITION:

When a gymnast demonstrates creativity, confidence of performance, personal style, perfect technique and varied rhythm and tempo, she transforms a well-structured composition into an artistic performance. This is not “what” the gymnast performs, but “how” she performs.

The judges on Beam and Floor would like to see:

- a rich and varied selection of elements
- changes of level (up and down)
- changes of direction (fwd, bwd, swd)
- changes of rhythm & tempo
- creative movements and transitions
- expression and musicality

NEW

COMPETITION PREPARATION:

Preparing for a gymnastics competition is a crucial process that involves not only physical training but also mental readiness and strategic planning. These guidelines and recommendations aim to support gymnasts and coaches in navigating the competition season effectively.

Our top tips include:

- develop a consistent training schedule leading up to the competition.
- do not add new moves into a Gymnasts routine close to the competition.
- if a gymnast is not ready and doesn't meet all requirements, do not enter them into the event.
- conduct full routine practices that simulate competition conditions, including warm-ups and cool-downs.
- encourage gymnasts to focus on their routine and techniques rather than the outcome.
- provide examples of common deductions to help gymnasts understand what judges will be looking for.
- ensure gymnasts are physically prepared and mentally focused before stepping onto the competition floor.
- foster a supportive team environment where gymnasts encourage one another and celebrate successes.

NEW