



ACRO PAD

INVITATIONAL

COMPETITION RULES & ENTRY PROCESS

Sunday 14th July 2024

Stoke Mandeville Stadium, Guttman Rd, HP21 9PP

Organised by Independent Gymnastics Association in conjunction with AcroPad



Version 1.0

COMPETITION CONTACTS

IGA are working as the registration manager for this event.
Please contact us directly at competitions@igauk.com for any question or queries.

ENTRY ELIGIBILITY

This competition is an Invitational competition which means this competition is accessible for every gymnast to be able to attend and enjoy AcroPad equipment. As the IGA Handbook's the requirements in regards to the Coaches and Gymnast responsibilities still stand and must be adhered to at all times. We will also be entering the gymnasts in the new age groups, and this competition will be available to WAG/MAG and GFA.

COMPETITION STRUCTURE

Our Acro Pad competition will feature three thrilling pieces: Floor, Tumble, and Trampoline. Gymnasts can choose which pieces they want to compete in, with each entry costing £10.00 per piece at our standard rate. Regardless of how many pieces they enter, gymnasts must compete at the same level, as per IGA competition structure.

For those entering all three pieces, there's an exciting opportunity to compete for the overall award and 1st, 2nd and 3rd will be awarded for each category on each piece of apparatus! Please be aware that Invitational awards differ from the usual IGA structures, Individual competitors within a category will only be eligible for the overall award.

HOW TO ENTER

IGA registered clubs can enter their gymnasts through our portal as standard. Non-IGA registered clubs, can still enter but will need to provide the following:

- Complete our entry form and submit to competitions@igauk.com [Email the team for the entry form].
- IGA will invoice you directly with a small fee added to cover the cost of your insurance for the day.
- Coaches must be added to the entry form and provide copies of their DBS and qualifications to safeguard the participants.

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. Please email our competition team your valid doctor's note. This refund can be used against any penalty fee's if the club has incurred one.

COMPETITION RULES:

This competition is open to all participants.

Floor

When entering your gymnasts on Floor they will be judged the same as the IGA Levels. Please use the Level rules as your guide. GFA will need to follow WAG Levels as we cannot have benches on the AcroPad Floor.

Tumble

Gymnasts will perform 2 out of the 3 Set Tumbles and score will be combined to give an overall score for this piece of apparatus. All tumbles can be performed from steps/run or jump.

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| Level 10 | 1. Forward Roll Straight Jump Forward Roll Straight Jump 1/2 Backward Roll Backward Roll 2. R/off Straight Jump 3. Forward Roll Straight Jump with Walkout Cartwheel Side Chasse 2 x Side Cartwheel |
| Level 9 | 1. Forward Roll Straight Jump Walkout Cartwheel into Backward Roll Star Jump 2. R/off 1/4 Jump Side Cartwheel Side Cartwheel Round Off Straight Jump 3. R/off Straight Jump [Land] Flick to 2 Feet Straight Jump or Backward Roll |
| Level 8 | 1. Handspring to two feet Straight Jump Walkout R/off Jump 1/2 Turn Walkout Round Off 2. R/off 1/2 Turning Straight Jump Walkout Round Off 1/2 Turn Straight Jump Dive Roll 3. R/off Straight Jump [Land] Flick to 2 feet Straight Jump |
| Level 7 | 1. Handspring to two feet Straight Jump [Land] - Run Dive Roll 2. R/off Flick 1/2 Turning Straight Jump Walkout R/off 1/2 Turning Straight Jump Handspring 3. R/off Flick 1/2 Turning Straight Jump Walkout R/off Flick Straight Jump |
| Level 6 | 1. Handspring to one connected Handspring to 2 feet Straight Jump 2. Handspring Walkout Round Off Flick Flick Straight Jump 3. R/off Flick Flick Flick 1/2 Turning Straight Jump Dive Roll |
| Level 5 | 1. Run Front Somersault Jump [Land] Handspring To 1 Connected to Handspring To 2 Feet 2. R/off Flick Whip Flick Straight Jump 3. R/off Flick 1/2 turning Straight Jump R/off Flick Tuck Back Somersault |
| Level 4 | 1. Front Somersault Jump [land] Run connected Tucked Front Somersault 2. R/off Flick Whip Flick Straight Jump 1/2 3. R/off Flick Flick Flick Tuck Back Somersault Straight Jump |
| Level 3 | 1. Front Somersault Jump [land] 2 x Straight Jumps connected Pike Somersault 2. R/off Flick Whip Flick Tuck Back Somersault 3. R/off Flick Flick Flick Flick Straight Back Somersault |
| Level 2 | 1. Straight Front Somersault [land] Jump 2 X Straight Jumps Optional Somersault 2. R/off Flick Whip Flick Flick Tuck Back Somersault 3. R/off Flick Flick Flick Straight Back Straddle Jump |
| Level 1 | 1. Two Front Somersaults connected [Optional shape] 2. Front Somi Walkout R/off Flick Whip Flick Flick Straight Back 3. R/off Flick Flick Flick Straight Back 1/1 Twist Somersault |

COMPETITION RULES:

WAG Entries

Trampette

Gymnasts will perform both and the scores will be added together to complete final score.

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|-----------------|---|
| Level 10 | 1. Star Jump 2. Straight Jump |
| Level 9 | 1. Tuck Jump 2. Straight Jump 1/2 |
| Level 8 | 1. Straight Jump 1/1 2. Tuck Jump 1/2 |
| Level 7 | 1. Front Somersault Progression - Open to Dish Jump 2. Pike Jump |
| Level 6 | 1. Dive Roll 2. Straddle Jump |
| Level 5 | 1. Front Somersault 2. Straddle Jump 1/2 |
| Level 4 | 1. Pike Front Somersault 2. Straddle Jump 1/1 |
| Level 3 | 1. Straight Front Somersault [Land then fall onto tummy] 2. Split Jump |
| Level 2 | 1. Barani 2. Split Jump 1/2 |
| Level 1 | 1. Straight Front 1/1 Twist Somersault [Land then fall onto tummy] 2. Split Jump 1/1 |

ACRO PAD DAY PASS

AcroPad and their team will be present on the event day, offering half-day and full-day passes for those who want to experience the fun! With their top-notch equipment and skilled coaches, your little ones can engage in activities like tumbling and bouncing. Whether you prefer to pre-pay in advance or pay on the day, this is an opportunity for gymnastics enthusiasts to enjoy and explore the equipment. More information regarding how to purchase passes will be available soon.

JUDGING AND OFFICIALS

Judging Allocation

IGA kindly ask that all participating clubs, please provide one Judging official to represent their team. These Judges will be paid per round and travel expenses as standard. Judging Resource Books will be available on the day.

ENTRY DEADLINES:

Entries will be accepted from 1st May until 15th June, allowing our competition team sufficient time to meticulously compile an event plan for all participating entries. Our Team are super efficient and aim to have the Event Plan distributed ASAP after the closure date.