



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](#)



PARTICIPATION LEVELS

Designed for beginners who receive training for no more than 4 hours per week. It caters for new, young, and inexperienced gymnasts, providing them with a suitable program to develop their skills in a supportive environment.

LEVEL 1	RUN 1	RUN 2
	Forward Roll	Forward Roll
	Straight Jump	Straight Jump Walkout
	Forward Roll	Cartwheel
	1/2 Turn Jump	Chassel
	Backward Roll	Cartwheel
	Backward Roll	Cartwheel

LEVEL 2	RUN 1	RUN 2
	Forward Roll	Round off
	Straight Jump Walkout	1/2 Turn Walkout
	Cartwheel	Round off
	Cartwheel 1/4 Turn	1/2 Turn
	Backward Roll (Straight legs)	Forward Roll
	Star Jump	Tuck Jump

LEVEL 3	RUN 1	RUN 2
	Handspring	Round off
	Straight Jump Walkout	1/2 Turn Walkout
	Round off	Round off
	1/2 Turn Walkout	1/2 Turn Walkout
	Round off	Round off
	Straight Jump	Full Turn

PARTICIPATION LEVELS CONT.

LEVEL 4	RUN 1	RUN 2
	Round off	Round off
	Flick	Flick
	1/2 Turn Walkout	1/2 Turn Walkout
	Round off	Round off
	1/2 Turn	Flick
	Handspring	Straight Jump

LEVEL 5	RUN 1	RUN 2
	Round Off	Handspring to One
	Flick	Round off
	Flick	Flick
	Flick	Flick
	1/2 Turn	1/2 Turn
	Dive Roll	Handspring

KEY POINTS FOR COACHES

- Gymnasts will compete both tumble runs.
- The top 6 from each category will then go through to the final where they will compete one of their runs again. The choice of run is optional.
- Scores will start again at 0 for the final.
- Failure to complete the passes as written will incur a 1.0 mark penalty from the total score. This includes adding in extra moves and missing skills.
- Any extra steps or pauses will have a 0.2 deduction each time.

ELITE TUMBLE LEVELS

This program is designed for children who train for more than 4 hours per week, offering a tailored approach for those who are developing their competitive skills. It focuses on providing appropriate challenges and advanced techniques to help gymnasts refine their abilities in a structured and supportive environment.

LEVEL 6	RUN 1	RUN 2	RUN 3
	Round Off	Round Off	Round Off
	Flick	Flick	Flick
	1/2 Turn Walkout	Whip	Flick
	Round Off	Flick	Flick
	Flick	Flick	Flick
	Tuck Back	1/2 Turn	Tuck Back

LEVEL 7	RUN 1	RUN 2	RUN 3
	Front Somi	Round Off	Round Off
	Straight Jump Walkout	Flick	Flick
	Round Off	Whip	Flick
	Flick	Flick	Flick
	Flick	Flick	Flick
	Tuck Back	Tuck Back	Straight Back

LEVEL 8	RUN 1	RUN 2	RUN 3
	Round Off	Front Somi Walkout	Round Off
	Whip	Round Off	Flick
	Flick	Flick	Flick
	Flick	Flick	Flick
	Flick	Flick	Flick
	Tuck Back	Pike back	Straight Back 1/2 or Arabian

ELITE TUMBLE LEVELS CONTINUED.

LEVEL 9	RUN 1	RUN 2	RUN 3
	Round Off	Round Off	Round Off
	Whip	Whip	Flick
	Whip	Flick	Flick
	Flick	Whip	Flick
	Flick	Flick	Flick
	Straight Back	Pike back	Straight Back 1/1

OPEN LEVEL	MIN DIFFICULTY LEVEL			
		EXAMPLE 1	EXAMPLE 2	EXAMPLE 3
9-10 Yrs	3.1	(FFFF<	(FFFF/	(FFFF0
11-12 Yrs	3.9	(^FFFF/	(^FFF2	(^^FF0
13-14 Yrs	4.5	(^^FF2	(^^FF2	(^^^F0
15+	5.1	(^^^F2	(^^^F2	(^^^F2

KEY POINTS FOR COACHES

- Gymnasts will compete all three tumble runs.
- The top 6 from each category will then go through to the final where they will compete one of their runs again. The choice of run is optional.
- Scores will start again at 0 for the final.
- Failure to complete the passes as written will incur a 1.0 mark penalty from the total score. This includes adding in extra moves and missing skills.
- Any extra steps or pauses will have a 0.2 deduction each time.
- End skills may be repeated at level 10

IGA TARIF SHEET

Competitor Name:

Competitor Number:

Club:

Level:

Age Group:

Gender:

Move	Run 1	Run 2	Run 3
1			
2			
3			
4			
5			
6			
Total Difficulty			

COACH NAME

QUALIFICATION