



**DRIVING PARTICIPATION
IN GYMNASTICS**

GymSTART Floor and Vault Competition 2025/2026

2025/2026 Guidelines

This is a national competitive event based on our GymSTART Awards. The event aims to provide our Recreational Members and Competitive members (rules apply) with an opportunity to experience competition within a fun and relaxed environment, while celebrating personal achievement.

This document provides the information that clubs require for taking part in this recreational-based competitive event. Should you require additional information, please contact

- Event Logistics/ Entries/Schedule: Sarah@gymnasticsireland.com
- Routines/Head of Judging: chloehegarty@hotmail.com
- GymABLE Lead: Sam@gymnasticsireland.com

PLEASE NOTE: Unless stated otherwise, Gymnastics Ireland Events Policy will apply.

PLEASE NOTE: GYMABLE INFORMATION IN GREEN

GymABLE members (gymnasts with a disability) can take part in;

- GymABLE Introductory Levels (A, B, C) (in a separate document)
- Adapted GymSTART WAG & MAG levels (run in parallel) or
- GymSTART WAG & MAG levels as per the written text (integrated)

2025/2026 UPDATES

- PLEASE NOTE: ANY UPDATES TO THE ROUTINES OR GUIDELINES FOR 2025/2026 ARE IN RED.

GYMABLE GYMSTART

Options for gymnasts
with a disability

**GymSTART
Floor & Vault
Integrated
Levels**

Gymnasts will compete
with/against gymnasts without
a disability

*A video and written request must be
submitted in advance of the event if any
aids are being used to the GymABLE
Competition Lead*

**GymABLE
Introductory
Levels A, B, C
Routines**

Gymnasts will compete with/
against gymnasts presenting
GymABLE-specific routines.
Girls & Boys compete the same
skills in different categories
based on age & type of
disability.

**GymSTART
Floor & Vault
ADAPTED
Levels**

Gymnasts will compete with/
against gymnasts presenting
adapted routines in a
GymABLE Only Category
based on age & type of
disability.

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(2025/2026)

GENERAL INFORMATION 2025/2026

Disciplines & Membership Type	GymSTART Floor & Vault Competition This is a Floor and Vault Competition. It is aimed primarily at our Recreational members; however, it is open to all membership types (rules apply). Please note - Gymnasts with a men's artistic or women's artistic competitive membership may enter Level 5 and over for girls and boys. Gymnasts with a competitive membership in another discipline (TRA, TUM, ACRO, RG) may enter Level 3 and higher for girls and boys.
GymABLE	Any club who is entering gymnasts with a disability in this event must fill out the entry form with as much detail as possible and contact GI in relation to any supports required, and/ or any adaptations or additional equipment that the gymnast(s) may be using. There are three options at GymSTART for members with disabilities. • Introductory Levels (A, B, C) and Adapted Levels (WAG 1-10 & MAG 1-6) compete in GymABLE Only Categories. • Integrated Levels (WAG 1-10 & MAG 1-6) compete in categories with gymnasts who do not have a disability, and routines are judged as per the written text.

	Any club who is entering gymnasts with a disability in this event must fill out the entry form with as much detail as possible and contact GI in relation to any supports required, and/ or any adaptations or additional equipment that the gymnast(s) may be using. Gymnasts who require adaptation to the equipment competing in Integrated Levels need to submit a written request in advance of the competition for approval or else a deduction may be applied. Requests should be made to the GymABLE Competition Lead (sam@gymnasticsireland.com)
Medical Information	Clubs should ensure that they have received all medical information in relation to any participant, with or without a disability, to ensure that they are well enough physically, intellectually, and emotionally to take part in this event.
GymABLE	All GymABLE gymnasts must disclosed medical information on the entry form regardless of the level the gymnasts are entering. Clubs are responsible for ensuring medical forms are up to date for gymnasts who require AAI screening.
EVENT ENTRIES	
Entry Requirements	- All participants must be GI members - All membership types are welcome - Age limit: Must turn 6 years in year of competition - Clubs may enter as many gymnasts as they wish per level - Gymnasts may only enter one level, and one age group per event - All entries must be submitted to using the official entry form provided - Gymnasts may compete the same level after receiving a 1st 2nd or 3rd place medal ONLY in the same 12-month period (E.g., Gymnast receives a 1st place medal at GymSTART Competition, Dublin, they can then compete the same level in GymSTART Competition, Limerick) - If a gymnast competes at only one GymSTART competition per year and receives a medal they must move up a level the following year.

GymABLE	- GymABLE gymnasts can remain at the same level until it is safe to progress to the next level. - All gymnasts who previously entered can join at any stage along the GymABLE pathway during their first year of competition. If a gymnast needs to move back a level for medical reasons, please contact the GymABLE Competition lead (Sam@gymnasticsireland.com)
SPECIFIC RULES & REGULATIONS	
Coaches	There must be at least one coach from each club present at the event – and at least one coach with a <u>level 2</u> qualification. All coaches must be members of Gymnastics Ireland. <u>Coach: Gymnast ratio:</u> The club and head coach in charge must always assess each situation and must determine the ratio of participant to coach(es) that is reasonable, safe, and effective. GymABLE participants are recommended to have a 8:2 ratio, with a minimum of 1 coach that can be assisted by chaperones. Chaperones must have clearance to be on the FOP as per the Gi Event Policy. PLEASE NOTE: In line with our Code of Ethics and Good Practise for Youth Sport, and to ensure that a safe and effective coaching situation is maintained, Gymnastics Ireland recommends the following reasonable ration of participants to coach 16:2. This is with a view to both safety and organisation.
Registration	Only coaches are permitted to register gymnasts. Gymnasts cannot warm up until they have been registered.

Apparatus	Floor - 12m x 2m Floor Strip (flat) Level 1 – 7 Floor – 12m x 2m Air Track - Girls Level 8-10, and Gold; Boys Level 5 & 6. Safety mats will be provided at both ends. Vault - as per routine description
Routines Skills and Vault requirements	All floor routines (prescribed skills) and vaults, including technical information and judging deduction, are listed below and are available on the GI website in the GymSTART Programme section. There are separate floor routines & vaults for girls and boys. LEVELS There are 11 levels for girls; 6 levels for boys; 3 GymABLE Introductory Levels (Girls & Boys) ❖ Girls: Level 1-10, plus Level Gold Floor & Vault ❖ Boys: Level 1-6 Floor & Vault ❖ GymABLE: Girls & Boys Floor & Vault – A, B, and C.* <i>*GymABLE Introductory Levels have the same routine for Boys and Girls but compete in separate events for awards.</i>

AGE GROUPS

Following on from the success of GymSTART in recent years, we have made some changes to age groups, and we would like gymnasts to be entered into the correct age group and category based on their approx. training times.

In all previous competitions, the gymnasts would be split according to their DOB into many different groups. This will continue to remain the same, but we will use the information on training times to create fairer, and balanced groups.

This also means, that gymnasts with a competitive membership in another discipline can enter a lower level where before this was not allowed.

***Age is based on 1st January**

****Please ensure DOB are put into the Entry Form as requested****

GIRLS

Level 1 & 2:

u6 & u7 (up to 1 hour)

u6 & u7 (2+ hours)

u8, u9, u10, o10 (up to 1 hour)

u8, u9, u10, o10 (2-4 hours)

u8, u9, u10, o10 (4+ hours)

Level 3 & 4

u7, u8, u9, u10, u11, u12, o12 (up to 1 hour)

u7, u8, u9, u10, u11, u12, o12 (2-4 hours)

u7, u8, u9, u10, u11, u12, o12 (4 + hours inc. competitive membership in another discipline)

Level 5 & 6

u8, u9, u10, u11, u12, o12 (up to 1 hour)

u8, u9, u10, u11, u12, o12 (2-4 hours)

u8, u9, u10, u11, u12, o12 (4+ hours inc. any Competitive membership)

Level 7 & 8

u10, u11, u12, u13, o13 (up to 2 hours)

u10, u11, u12, u13, o13 (2-4 hours)

u10, u11, u12, u13, o13 (4 + hours inc. any competitive membership)

Level 9 & 10

u11, u12, u13, u14, o14 (up to 4 hours)

u11, u12, u13, u14, o14 (4 + hours inc. any competitive membership)

BOYS

Level 1

Open Age (up to 1 hour)

Open Age (2 + hours)

Level 2

Open Age (up to 1 hour)

Open Age (2 + hours)

Level 3

Open Age (up to 1 hour)

Open Age (2-4 hours)

Open Age (4+ hours inc. competitive membership in another discipline)

Level 4

Open Age (up to 1 hour)

Open Age (2-4 hours)

Open Age (4+ hours inc. any competitive membership)

Level 5 & 6

Open Age (recreational membership)

Open Age (any competitive membership)

Please note: Competition age groups will be sorted once the entries have been received – this will ensure (as much as possible) that there is competition for all the boys, and no one will be by themselves.

Awarding	- All gymnasts will receive a bespoke GymSTART Participation medal - There will be medals for 1st, 2nd, and 3rd at each level, in each age group, for overall floor and vault competition - There will also be highly commended for 4th, 5th, and 6th placings - <u>Ties will be awarded</u> - CLUB AWARD - For each session, there will be a Club Champion Award GymABLE participants are included in the overall Club Scores for this award.
Judging	- Each club must provide qualified judges, as per GI Events Policy - Please refer to the GI Events Policy We request that, where possible, clubs provide some experienced judges as well as new and/ or young, inexperienced judges. This will ensure the smooth running of the competition while also encouraging new judges. Ideally a minimum of 1 Judge has completed the GymABLE Judging Add-On Module. Please refer all judging queries to our Head of Judging for this event, Chloe O'Toole. chloehegarty@hotmail.com
Attire	Please refer to the GI Events Policy
Main point of contact	sarah@gymnasticsireland.com chloehegarty@hotmail.com (Chloe O'Toole - Head of Judging for GymSTART) sam@gymnasticsireland.com (Sam Marciano - GymABLE Competition Lead)

Routine Notes:

1. Each floor routine has a start value of 12.00 and each vault has a start value of 10.00
2. Each routine contains bonus skills, each worth 0.3. These will be added to the start value if achieved (SV) Please note – no bonus will be awarded if there is a fall on the element.
3. Deviation from text (i.e., doing the routine in the wrong order/ doing incorrect skills etc.) will incur a deduction of 0.3.
NB. Gymnasts who reach the end of the strip and need to do a ½ turn to complete their routine will not be penalised.
4. Non-performance of a skill will incur a deduction of 1.00, taken from the start value (SV) – element NOT ATTEMPTED.
5. Each routine, and vault, will start and finish with a salute to the judges.
6. No score is to go below 5.00 on vault or 3.00 on Floor. Base scores will apply to all levels and age groups.
7. A second run approach is permitted for vault – any age, any level – without any deduction. A third run approach is not permitted and will receive a base score but please let the gymnast complete his/her routine.

GENERAL DEDUCTIONS - FLOOR

	0.10 (small)	0.30 (medium)	0.50 (large)	1.00 (very large)
Legs / Arms bent	*	*	*	
Toes not pointed	*			
Separation of legs	*	*		
Legs crossed	*			
Deviation from a straight direction	*			
Body alignment	*			
Lack of rhythm	*			
Insufficient Height of elements	*	*		
Insufficient exactness of prescribed positions	*	*	*	
Hesitation during performance of elements	*			
Insufficient split in acro elements	*	*		
No salute before and / or after routine		*		
LANDING FAULTS - FLOOR AND VAULT				
Feet apart on landing	*			
Extra arm swing	*			
Lack of balance	*	*		
Extra Steps/ hops	*	*		
Body posture fault	*	*		
Deep Squat			*	
Fall on mat to knees, hands, hips				*
Fall on or against apparatus				*
Failure to land feet first from an element				*

GymSTART SPECIFIC DEDUCTIONS				
	0.10 (small)	0.30 (medium)	0.50 (large)	1.00 (very large)
Deviation from text		*		
Missing an element from floor routine				*
Spotting assistance				*
Skill not held for prescribed time			*	
Skill not performed as prescribed			*	
Skills not connecting as prescribed			*	
Using hands to stand up from floor		*		
Extension is bridge	*	*	*	
Lack of flexibility in splits and folds	*	*	*	
GENERAL DEDUCTIONS - VAULT				
Height	*	*	*	
Distance	*	*		
Dynamics	*	*		
Body alignment (pike / arch)	*	*	*	
Bent knees/ arms	*	*	*	
Leg separations	*	*		
Deviation from a straight direction	*			
Exactness of tuck, straddle etc positions	*	*	*	
Body alignment	*	*		
Incorrect use of springboard				*
Coach assistance				2.00

GIRLS

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(2025/2026)

LEVEL 1 FLOOR- GIRLS

Floor Routine 2 bonus available	Technical Description
▪ Standing Balance on toes (3 seconds)	▪ Feet together in balance ▪ Arm position optional
▪ Straight jump	▪ Show high straight jump with a momentary pause on landing
▪ Tuck Jump	▪ Show high tuck jump with a momentary pause on landing ▪ Knees must be at or above 90°
▪ Side Chasse (side gallop skips) x 3	▪ Legs must come together in chasses ▪ Arm action optional
▪ Forward Roll to Pike Sit	▪ Show a controlled forward roll to finish in pike sit – momentary hold pike position ▪ Arm position optional
▪ Rock & roll to straddle sit	▪ Roll back onto shoulders with knees tucked into chest – roll forward into straddle sit – momentary hold straddle position ▪ Arms position optional
▪ Fold to touch toes (3 seconds) <i>0.30 Bonus – Chest on the mat</i>	▪ Reach and touch toes with straight arms and legs ▪ Full fold not required – just to touch toes
▪ Join legs, perform Back support, turn to front support, squat in to stand.	▪ Momentary hold in each support ▪ Keep legs straight and together throughout
▪ Four rebounding straight jumps	▪ Must be rebounding / continuous ▪ Arm position optional ▪ Can be performed in the same position or travelling
▪ Cartwheel front to back <i>0.30 Bonus – Excellent Cartwheel</i>	▪ All different entries accepted into cartwheel ▪ Bonus is to be awarded if no deductions taken on cartwheel

LEVEL 1 VAULT - GIRLS	
Vault Vault Value 10.00. Tuck Jump (from the springboard) to land on stack of mats Walk to side of stack of mat Star jump off stack off stack of mats to land on landing mats *Dismount to the side (right hand side of set up)	Technical requirements One jump from springboard Knees must be above 90° in tuck jump The walk to the end of the mat will not be judged. Must show momentary/static landing after both jumps Equipment Set up 10 m run up Springboard U6, U7 - 40cm landing mats, plus 10cm mat on the top U8, U9, U10, O10 - 60cm landing mats, plus 10cm mat on top Landing - 20cm landing mat

LEVEL 2 FLOOR - GIRLS

2 bonus available	Technical Description
One-foot balance stand (3 seconds) <i>0.30 Bonus – holding a straight leg forward or to the side, at horizontal</i>	- One knee should be bent in the balance, held forwards or to the side at 90° - Performed on a flat foot, with arms optional - Bonus awarded if the free leg is straight
Side Chasse x 2	- Legs must come together in chasses - Arm action optional
Forward roll to stand	- Roll is to be performed smoothly with bent or straight arms - Legs may be bent in this roll
Forward roll to sit in straddle	- Roll is to be performed smoothly, arms straight or bent - Arm position optional in straddle sit
180° teddy bear roll/ side shoulder roll	- Roll performed high on shoulders - Legs stay in a straddle position throughout - Arm position optional
Join legs and pike fold to touch toes (3 seconds) <i>0.30 bonus for chest on knees</i>	- Arm position optional - Legs must be straight to get the bonus
Shoulder stand (3 seconds), then tuck roll to stand up	- Shoulder stand should be very high on shoulders, straight body shape - Arms may be used to support the back
Cartwheel Front to Back	- All different entries accepted into front/back cartwheel - Must be performed front to back
Handstand to 30° of vertical or above	- Within 30° of vertical or above - Does not need to be held – just shown momentarily - All different entries into handstand accepted

LEVEL 2 VAULT – GIRLS	
Vault Value 10.00.	
From springboard, tuck jump onto stack of mats Walk to side of mat Straddle jump off stack of mats to land *Dismount to the side (right hand side of set up)	Technical requirements One jump from springboard Knees must be above 90° in tuck jump The walk to the end of the mat will not be judged. Must show momentary/static landing after both jumps Equipment Set up 10 m run up Springboard U6, U7 - 40cm landing mats, plus 10cm mat on the top U8, U9, U10, O10 – 60cm landing mats, plus 10cm mat on top Landing – 20cm landing mat

LEVEL 3 FLOOR - GIRLS

2 bonus available	Technical Description
Arabesque (3 seconds)	- Back leg held at horizontal - Chest held high; does not have to be vertical - Arm position optional
Forward chasse x 2	Arm positional optional
Jump full turn (360°)	Jump must be high, with a momentary landing
Forward roll to finish in kneeling position, ¼ turn to prepare for side straddle roll	- Finish roll in kneeling position, one leg in front - Arm position optional
Side straddle roll, ¼ turn back to kneeling position, stand up	- Side roll is to start and finish kneeling (gluts/rear away from heels – kneeling up high) - Straddle position to be shown in the middle of the roll - Arm position optional but hands must not be used on floor to complete roll
Bridge <i>0.30 Bonus Excellent Bridge</i>	- Bridge to be performed with legs together - Shoulders are to be on top of/over the wrists or more - Bonus awarded if no deductions on bridge
Shoulder stand (3 seconds) <i>0.30 Bonus ~ No hand support in shoulder stand</i>	- Lower from bridge, and lift to shoulder stand with straight legs - Shoulder stand to be performed high on shoulders - Bonus is awarded if hands are not used to support the back
Roll forward to stand up, immediate half turn jump, to land	- Jump must be immediate (from the roll) - Momentary landing
Cartwheel skip cartwheel	- Any entry to cartwheel accepted - Second cartwheel to be performed <u>front to back</u>
Handstand (Momentary hold)	- All handstand entries accepted - Handstand must reach vertical - Momentary hold

LEVEL 3 VAULT- GIRLS	
Vault Value 10.00.	Equipment set up 10 m run up Springboard U6, U7 – 40cm landing mats, plus 10cm mat on the top U8, U9, U10, O10 – 60cm landing mats, plus 10cm mat on top Landing – 20cm landing mat
Dive roll (from springboard) to stand on stack of mats Walk to side of stack of mat Straddle jump off stack of mats to land on landing mats *Dismount to the side (right hand side of set up)	Technical requirements One jump from springboard <u>Hands must be used in dive roll</u> Dive roll must finish standing up (and balanced) The walk to the end of the mat will not be judged Must show momentary landing after straddle jump

LEVEL 4 FLOOR – GIRLS

2 bonus available	Technical Description
** Start in the centre of the strip**	
Arabesque (3 seconds) <i>0.30 Bonus leg above horizontal (chest cannot be lower than hip height)</i>	Arm position optional
Forward roll to Straddle sit, fold forward with chest on Floor (3 seconds)	Arm position optional
Backward Roll to Straddle Stand (from straddle fold position)	- This roll is to come immediately from the straddle fold - Arms may be bent or straight - Momentary pause here, before next skill
Backward roll tucked to stand	- Arms may be bent or straight - Knees to be tucked throughout the roll
Forward Chasse x 2, immediate Straight, Tuck and Star Jumps	- Jumps to be immediate (rebound in between) - Momentary landing after the star jump (final jump)
Cartwheel, immediate Cartwheel	- Cartwheels must be connected - Any entry accepted 2nd cartwheel must be front to back
Forward roll to dish position	- Roll to be performed slowly & controlled to finish in dish position with arms, shoulders & feet off the floor - Dish hold to be held momentarily - 1 second
Lie down flat, push to bridge (3 seconds) <i>0.30 Bonus for kick over</i>	- Bridge to be performed with legs together - Option 1: Bridge kick over - Bonus to be awarded for kick over (deductions still incurred if performed poorly) - Option 2: Lie down, lift to shoulder stand, roll to stand
Handstand forward roll	Arms may be bent in the roll

LEVEL 4 VAULT - GIRLS

Vault Value 10.00.	Equipment set up 10 m run up Springboard Stack of mats - 60cm landing mats plus 10cm mat on the top Landing - 20cm landing mat
Handstand flat back onto stack of mats, from two feet take off from springboard	Technical requirements One jump from springboard, two feet take off Show strong handstand shape Finish the handstand flat back completely flat on stack of mats

LEVEL 5 FLOOR - GIRLS	
<u>2 bonus available</u>	Technical Description
Handstand (momentary hold), step down <u>0.30 bonus – held for 3 seconds</u>	- Straight handstand to be shown - Entry and finish position optional
One arm cartwheel	Cartwheel is to be performed front to back
Half turn jump (180°)	- Start with feet together - Show a momentary landing
Forward roll straddle to stand	- Hands must be used on the floor to stand up in straddle - Legs straight during the roll, and in the straddle stand
Turn to right or left leg splits; then	Lower to splits slowly with straight legs – gymnasts may use their hands on the floor to position themselves and then raise their arms momentarily to show the splits position
Turn to pike from splits, lie down, push to bridge (3 seconds), and bridge kickover	- Bridge must be held for 3 seconds before kickover - Legs together in bridge
Forward chasse x 2, immediate tuck jump and jump half turn	- Legs must come together in chasses - Arm positional optional - Jumps must be immediate
Cartwheel (land feet together) immediate tucked backward roll	- Backward roll must be immediate - Arms may be bent in roll - Knees to be tucked into chest
Handstand into forward roll <u>0.30 bonus – straight arms</u>	- All different entries into handstand accepted - Handstand must reach vertical before roll - Arms may be bent in the roll - Bonus will be given if arms are straight

LEVEL 5 VAULT - GIRLS	
Vault Value 10.00.	Equipment set up 10 m run up Springboard U8, U9 - Table vault set at 100cm U10, U11, O11 - Table vault 110cm Landing - 20cm landing mat plus 10cm mat on top.
Squat on, immediate straight jump off	Technical requirements One jump from springboard Hands reach forward onto table vault and squat on Straight jump must be immediate Must show momentary landing after straight jump

LEVEL 6 FLOOR - GIRLS

<u>2 bonus available</u>	Technical Description
Y- stand hold (3 seconds)	Any part of the foot may be held with hand
Handstand forward roll	- All entries into handstand accepted - Arms may be bent
Cartwheel immediate cartwheel	All entries to cartwheel accepted
- Immediate backward roll to front support <u>0.30 bonus - straight arms</u>	- Roll must be immediate from cartwheel - Arms may be bent but bonus will be given for straight arms - Shoulders must be over the wrists in front support and a straight back
Squat in, Stand up	
Forward roll to straddle stand	- Forward roll, straddle stand with straight legs - Hands must be used to stand up
- Turn to splits (left or right), return to pike sit <u>0.30 Bonus - Excellent splits</u>	Lower to splits slowly with arms optional but not supporting on the floor gymnast may use their hands on the floor to position themselves and then raise their arms momentarily to show the splits position
Lie down, bridge kickover	- Bridge must be held for 3 seconds before kickover - Legs together in bridge - Shoulders to be on top of or above wrists
Hurdle step roundoff, straight jump	No run permitted into roundoff (hurdle step only)

LEVEL 6 VAULT - GIRLS	
Level 6 Girls - Vault Vault Value 10.00.	Equipment set up 10 m run up Springboard Stack of mats - 60cm landing mats plus 10cm mat on the top Landing - 20cm landing mat
Handstand flat back onto stack of mats Walk to side of mats Pike jump, off stack of mats to land *Dismount to the side (right hand side of set up)	Technical requirements One jump from springboard Finish the handstand flat back completely flat The stand up and walk to the end of the mat will not be judged. Must show momentary landing after pike jump.

LEVEL 7 FLOOR - GIRLS

<u>2 bonus available</u>	Technical Description
Horizontal leg hold x 2 (x 3 seconds each leg)	Legs to be held forward at horizontal for 3 seconds each (right and left leg)
Handstand forward roll	Arms may be bent in roll
Cartwheel immediate one arm cartwheel <i><u>0.3 Bonus if leg is held up between cartwheels</u></i>	No stop between the cartwheels
Chasse, split leap, step cat leap <i><u>0.30 Bonus if split leap is at 180 degrees</u></i>	- Chasse to be performed high on toes - Arm position optional in leaps - Must be connected
Backward roll straight arms to straddle stand	Roll must be performed with straight arms to finish in straddle stand with chest up
Roll back to shoulder stand, stand up, jump full turn	- Arm position optional in shoulder stand - Momentary hold on landing
Hurdle step, Roundoff straight jump	- Hurdle step into roundoff - take off from 2 feet - Immediate rebound into straight jump
- Dive roll (10cm mat may be used)	- All entries to dive roll permitted 10cm mat available to use

LEVEL 7 VAULT - GIRLS	
Level 7 Vault Vault Value 10.00.	Equipment set up 10 m run up Springboard Stack of mats - 60cm landing mats plus 10cm mat on the top 20cm landing mat behind the stack of mats for safety
Handspring to two feet (land onto the stack of mats)	Technical Requirements One jump from springboard Ideally, the handspring should finish with open hips and arms by the head

LEVEL 8 FLOOR - GIRLS	
2 bonus available	Technical Description *TO BE PERFORMED ON THE AIR TRACK
Horizontal leg hold x 2 (3 secs each leg)	This is to be performed on both legs, in any order
Arabesque	- Chest at vertical and leg at horizontal - Arm position optional
- Immediate Handstand roll (straight arms) - Chasse, join legs split jump <u>0.30 bonus - 180 degrees in split jump</u>	- Keep leg raised from arabesque before entering the handstand roll - After Chasse skip, gymnast is to join feet together, bounce and perform a split jump
One arm cartwheel	All entries accepted.
Hurdle skip, roundoff straddle jump	- No run up permitted - Arm position optional in straddle jump
Backward walkover	All entries accepted
Front handspring	- Handspring must land on two feet - Any amount of steps permitted
BONUS - 0.30 - Performing a front somersault at the end of the routine.	Please note : No bonus will be awarded if there is a fall on the skill

LEVEL 8 VAULT - GIRLS	
Level 8 Girls Vault Vault Value 10.00.	Equipment set up 12 m run up Springboard Table vault set at 100cm Landing build up 100cm plus 10cm mat on top
Handspring over table vault to back lie landing on mat build up	Technical requirements One jump from springboard Handspring to flat back on mat build up Deductions as per FIG

LEVEL 9 FLOOR - GIRLS	
2 bonus available	Technical Description *TO BE PERFORMED ON THE AIR TRACK
Horizontal leg hold 3 seconds each - move each leg back to arabesque hold for 3 seconds	- This is to be performed on both legs, in any order - Leg must not touch the ground on the way to arabesque - Chest at vertical and leg at horizontal - Arm position optional
Chasse split jump immediate straddle jump <i>0.30 bonus - 180 degree split performed</i>	Chasse skip, join legs, bounce and perform the jumps
- Tic Toc or Forward Walkover ½ turn	All entries accepted.
Backward Walkover	Half turn may be needed at this point
Roundoff Back handspring (flic) <i>(0.30 Bonus 2 flics performed)</i>	- All entries accepted - Must be connected
Front handspring	- Handspring must land on two feet - Any number of steps permitted
Tuck front Somersault	Must take off on two feet and land on two feet

LEVEL 9 VAULT - GIRLS	
Vault Value 10.00.	Equipment set up 12 m run up Springboard Table vault set at 100cm Landing – 20cm landing mat plus 10cm mat on top.
Full Handspring over table vault to land	Technical requirements One jump from springboard Handspring to feet over 100cm table vault Deductions as per FIG

LEVEL 10 FLOOR - GIRLS

2 bonus available	Technical Description *TO BE PERFORMED ON THE AIR TRACK IT IS A VOLUNTARY ROUTINE AND CAN BE DONE IN ANY ORDER
3 Jump Connection	- Any 3 jumps (off two feet) to be connected - Including tuck, straddle, pike, split, wolf, half turn, full turn
Any one of the hold elements from the list	- Arabesque - Y Balance - Handstand (leg position optional) - Straddle Level - Pike Lever
Free Cartwheel, Free walkover or Side Somersault	- All entries accepted - Choose one only
Roundoff 2 flics <i>(0.30 Bonus – replace the 2nd flic with a back somersault)</i>	- No stop between the skills - Any shape permitted in the back somersault
Front handspring	- Handspring must land on two feet - Any amount of steps permitted
Tuck front Somersault <i>(0.30 Bonus – Connect the handspring and the Front somersault)</i>	- Must take off on two feet and land on two feet - No bonus will be awarded if there is a fall on the element
Any B element from the Code of Points	May be an acro or dance skill

LEVEL 10 VAULT - GIRLS	
Vault Value 10.00.	Equipment set up 12 m run up Springboard Table vault set at 110cm Landing – 20cm landing mat plus 10cm mat on top.
Any Vault from the Code of Points (Group 1 only – NO SOMERSAULT VAULTS PERMITTED)	Technical requirements Deductions as per FIG

***NEW FOR 2025/2026 SEASON**

LEVEL GOLD FLOOR - GIRLS	
2 bonus available	Technical Description *TO BE PERFORMED ON THE AIR TRACK IT IS A VOLUNTARY ROUTINE AND CAN BE DONE IN ANY ORDER
▪ 3 Jump Connection	- Any 3 jumps (off two feet) to be connected - Including straddle, pike, split, wolf, half turn, full turn, split jump 1/2, tuck jump 1/2
▪ Any one of the hold elements from the list	- Arabesque - Y Balance - Handstand (leg position optional) - Straddle Level - Pike Lever
▪ Free Cartwheel, Free walkover or Side Somersault	- All entries accepted - Choose one only
▪ Roundoff flic tuck back <i>0.30 Bonus – Straight Back somersault instead of tuck</i>	No stop between the skills
▪ Roundoff 2 flics	No stop between the skills
▪ Front handspring	- Handspring must land on two feet - Any number of steps permitted
▪ Tuck front Somersault <i>0.30 Bonus – Connect the handspring and the Front somersault</i>	- Must take off on two feet and land on two feet - No bonus will be awarded if there is a fall on the element

LEVEL GOLD VAULT - GIRLS	
Vault Value 10.00.	Equipment set up 12 m run up Springboard Table vault set at 115cm Landing – 20cm landing mat plus 10cm mat on top.
Any Vault from the Code of Points (Group 1 only – NO SOMERSAULT VAULTS PERMITTED)	Technical requirements Deductions as per FIG

BOYS

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(2025/2026)

LEVEL 1 FLOOR - BOYS	
One-foot balance (3 seconds)	- Bent leg to be held at the front or side, knee to horizontal - Arm position optional
Straight jump	Momentary pause on landing
Forward Roll to Stand	Hands must not be used on floor to stand up
Forward Roll to Pike Sit	- Legs must be straight in pike sit - Arm position optional
Fold to touch toes (3 seconds) <u>0.30 Bonus – Chest on knees</u>	Reach and touch toes with straight arms and legs
Back support, turn to front support, squat position	- From front fold, sit up, put hands behind and lift to back support - Move to front support (without sitting down in between) - Momentary hold in each support
<i>Squat in, Stand up</i>	- Tuck jump must be immediate from the squat in previous skill - Jump half turn does not have to be immediate - Knees at or above horizontal in tuck jump - Momentary landing position shown
Cartwheel front to back <u>0.30 Bonus – Excellent Cartwheel</u>	- All different entries accepted into cartwheel - Must be performed front to back - Bonus is to be awarded if no deductions taken on cartwheel

LEVEL 1 VAULT - BOYS

Level 1 Boys Vault Vault Value 10.00.	Equipment set up 10 m run up Springboard Stack of mats – 60cm landing mats plus 10cm mat on the top Landing – 20cm landing mat
Tuck Jump to land on stack of mats Walk to side of mat Straight jump off stack of mats to land *Dismount to the side (right hand side of set up)	Technical requirements One jump from springboard Knees must be above 90° in tuck jumps The walk to the end of the mat will not be judged. Must show momentary landing after both jumps

LEVEL 2 FLOOR - BOYS	
	Technical Description
2 bonus available	
One Foot Balance - with straight leg at horizontal (3 seconds)	Arm Position Optional
Tuck Jump	Momentary Landing after jump
- Forward Roll to Stand	Hands must not be used to stand up
Cartwheel front to back, immediate	Gymnast must roll back to shoulder stand after the cartwheel
- Roll back to Shoulder Stand (3 seconds) <u>0.30 Bonus – Hands remain on the floor – no support on back</u>	Bonus will be awarded if hands remain on the floor
Finish in Pike Sit, Pike Fold (3 seconds)	Legs remain straight in Pike Fold
Back support, turn to front support	Momentary hold of each support phase
Squat in, ½ turn jump	½ turn jump does not need to be immediate
Rebound straight, tuck, star	- No stops between jumps - Can be performed in the same position or travelling
- Handstand to within 30 degrees <u>0.30 Bonus – Handstand at vertical</u>	- All entries accepted into handstand - No bonus awarded if there is a fall on the element

LEVEL 2 VAULT - BOYS	
LEVEL 2 BOYS Vault Vault Value 10.00.	Equipment set up 10 m run up Springboard Stack of mats - 60cm landing mats plus 10cm mat on the top Landing - 20cm landing mat
Tuck Jump onto Stack of Mats Walk to side of mats Tuck Jump off *Dismount to the side (right hand side of set up)	Technical requirements One jump from springboard Knees must be above 90° in tuck jump The walk to the end of the mat will not be judged. Must show momentary landing after both jumps

LEVEL 3 FLOOR - BOYS	
2 bonus available	Technical Description
▪ Arabesque (3 seconds)	▪ Back leg at horizontal ▪ Chest must be high, not exactly vertical ▪ Arm position optional
▪ Cartwheel, immediate cartwheel	▪ All entries to cartwheel accepted ▪ Cartwheels must be connected
▪ Immediate backward roll <i><u>0.30 Bonus – Straight Arms in Backward Roll</u></i>	▪ Join legs at end of the second cartwheel and sit back into the roll - roll must be immediate ▪ Arms and legs may be bent
▪ Forward Roll to sit in Pike	
▪ Pike Fold (3 seconds)	▪ Hold Pike Fold for 3 seconds
▪ Back Support, turn to Side Support, turn to Back Support (3 second hold each)	▪ Hold each phase for 3 seconds ▪ Move slowly between each phase ▪ No sitting down between support phases
▪ Squat in, Stand up	
▪ Rebound straight, tuck, star jumps	▪ Rebound jumps must be connected ▪ Can be performed in the same position or travelling
▪ Handstand to within 10 degrees	▪ Momentary Hold in handstand

LEVEL 3 VAULT - BOYS	
LEVEL 3 BOYS Vault Vault Value 10.00.	Equipment set up 10 m run up Springboard Stack of mats - 60cm landing mats plus 10cm mat on the top Landing - 20cm landing mat
Dive roll to stand on stack of mats Walk to side of mat Straddle jump off stack of mats to land *Dismount to the side (right hand side of set up)	Technical requirements One jump from springboard Hands must be used in dive roll Dive roll must finish standing up The walk to the end of the mat will not be judged Must show momentary landing after straddle jump.

LEVEL 4 FLOOR - BOYS	
2 bonus available	Technical Description
▪ Arabesque (3 seconds)	▪ Must be performed for 3 seconds ▪ Back leg at horizontal ▪ Chest must be high, not exactly vertical
▪ Forward Roll to Pike Sit	▪ Roll with bent or straight arms
▪ Shoulder Stand (Hands to remain on the floor) ▪ Stand up	▪ Roll Back with straight legs to shoulder stand
▪ Cartwheel immediate Cartwheel	▪ Cartwheels must be immediate
▪ Immediate backward roll to front support	▪ Backward roll immediately from 2nd Cartwheel
▪ <i>0.30 Bonus - Straight Arms in Backward Roll</i> ▪ Squat in, stand up	
▪ Jump full turn	▪ Jump full turn does not need to be performed immediately
▪ Handstand Roll	▪ Momentary pause before the roll
▪ <i>0.30 Bonus - Straight Arms in Roll</i> ▪ Hurdle skip, roundoff straight jump	▪ No run allowed – hurdle step only

LEVEL 4 VAULT - BOYS	
Vault Value 10.00.	Equipment set up 10 m run up Springboard Stack of mats - 60cm landing mats plus 10cm mat on the top Landing - 20cm landing mat
Handstand flat back onto stack of mats, from two feet take off from springboard	Technical requirements One jump from springboard, two feet take off Show strong handstand shape Finish the handstand flat back completely flat on stack of mats

LEVEL 5 FLOOR – BOYS * TO BE PERFORMED ON THE AIR TRACK	
2 bonus available	Technical Description
▪ Horizontal leg hold x 2 (3 secs each leg)	▪ This is to be performed on both legs, in any order
▪ Handstand roll (straight arms)	▪ Must be performed with straight arms
▪ One arm cartwheel	▪ All entries accepted.
▪ Hurdle skip, roundoff straight jump <i>0.30 Bonus – Performing a back handspring instead of straight jump</i>	▪ No run up permitted ▪ Arm position optional in straddle jump
▪ Forward roll to dish hold (3 seconds), roll to arch (3 seconds) push to front support (3 seconds)	▪ All entries accepted ▪ Roll to be slow and controlled
▪ 1 Press Up	▪ Body to always remain straight ▪
▪ Squat in, jump full Turn	▪ Jump must be performed immediately from the squat in
▪ Front handspring	▪ Handspring must land on two feet ▪ Any number of steps permitted
<i>BONUS – 0.30 – Performing a front somersault at the end of the routine.</i>	<i>Please note: No bonus will be awarded if there is a fall on the skill</i>

LEVEL 5 VAULT - BOYS	
Vault Value 10.00.	Equipment set up 12 m run up Springboard Table vault set at 100cm Landing build up 100cm plus 10cm mat on top
Handspring over table vault to back lie landing on mat build up	Technical requirements One jump from springboard Handspring to flat back on mat build up Deductions as per FIG

LEVEL 6 FLOOR – BOYS * TO BE PERFORMED ON THE AIR TRACK	
Level 6 BOYS -Floor Routine <u>3 bonus available</u>	Technical Description
IT IS A VOLUNTARY ROUTINE AND CAN BE DONE IN ANY ORDER	
▪ 3 Jump Connection	- Any 3 jumps (off two feet) to be connected - Including tuck, straddle, pike, half turn, full turn
▪ Any one of the hold elements from the list	- Arabesque - Y Balance - Handstand (leg position optional) - Straddle Level - Pike Lever
▪ Handstand ½ turn <i>0.30 Bonus – Handstand 1/1 turn</i>	The turn must finish in handstand
▪ Roundoff flic <i>0.30 Bonus – replace the flic with a back somersault</i>	- No stop between the skills - Any shape permitted in the back somersault
▪ Front handspring	- Handspring must land on two feet - Any number of steps permitted
▪ Tuck front Somersault <i>(0.30 Bonus – Connect the handspring and the Front somersault)</i>	- Must take off on two feet and land on two feet - No bonus will be awarded if there is a fall on the element
▪ Backward roll to handstand	Arms may be bent or straight

LEVEL 6 VAULT - BOYS	
Leve 10 boys Vault Vault Value 10.00.	Equipment set up 12 m run up Springboard Table vault set at 110cm Landing – 20cm landing mat plus 10cm mat on top.
Any Vault from the Code of Points (NO SOMERSAULT VAULTS PERMITTED)	Technical requirements Deductions as per FIG



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