

Australian Women's Levels Program

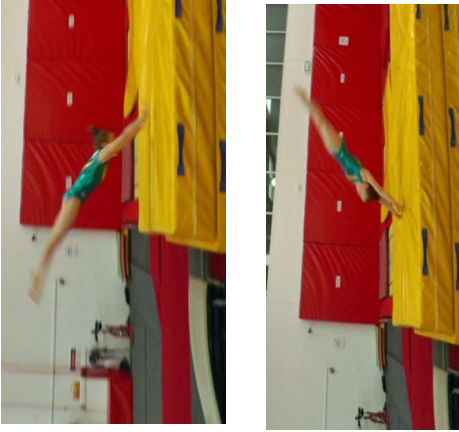


Compulsory Levels

Level 3

Vault




The gymnast may perform the vault twice with the higher score to count.

Element	Value	Images	Technical Description
Run, handspring to flat back landing onto 60cm or 90cm mats.	10.0		<p>The run should be smooth on approach to the board, standing tall with a quick cadence and fast reaction off the floor.</p> <p>The hurdle to the board should be flat joining the feet together at the top of the board.</p> <p>The objective is to perform a maximum repulsion from the hands, while maintaining an open shoulder angle, and straight body position.</p> <p>After the repulsion, return to the mats maintaining the straight body position and the open shoulder angle.</p> <p>During the 'flight' to back phase, the body is to remain straight with the shoulder angle completely open.</p> <p>All body parts should contact the mats at the same time.</p>





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Compulsory Levels Level 3 Uneven Bars



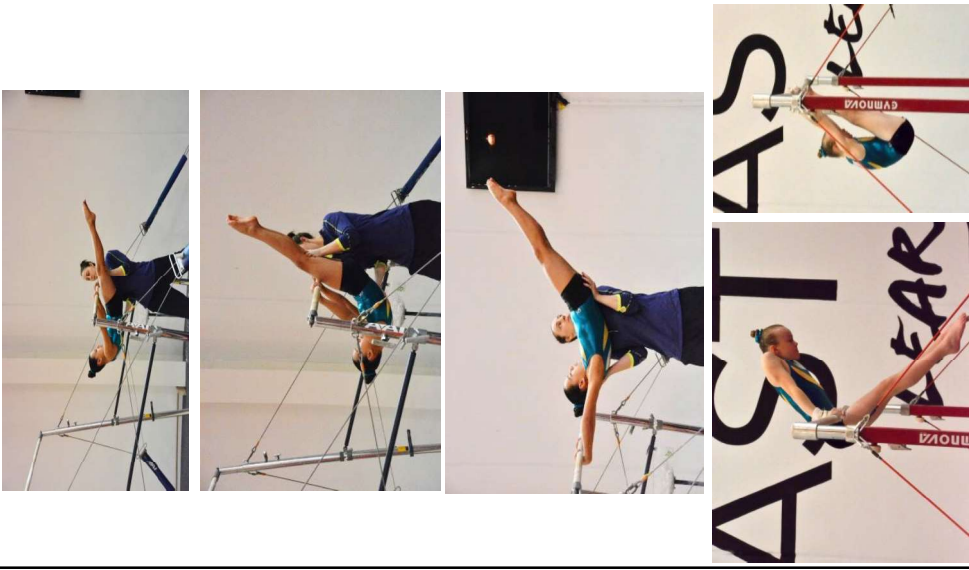
Element	Value	Images	Technical Description
From dish hold, glide swing L	1.0	 	<p>From a dish hold, execute a glide swing. Glide performed from a jump incurs 0.3 deduction. Maintain a tight body throughout the swing. Straddle glide is permitted.</p>
Pullover to front support y	1.0		<p>Pullover the bar to front support, arms straight. Tight body shape throughout. In front support - chest remains in with hips open / extended, arms straight.</p>
<p><i>The gymnast is permitted to use a board or box to mount. The height of the box / board must be such that the gymnast's shoulders are at or below low bar height.</i></p>			

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Element	Value	Images	Technical Description
Cast to horizontal 	1.0		<p>The legs move forwards into a cast to lift hips off the bar to horizontal, with a tight, straight body.</p> <p>A dish shape must be shown clearly on the cast with the chest / upper back. The hips must be straight / open, with no back arch.</p> <p>Arms straight and body tight.</p>
Back hip circle 	1.0		<p>After the cast hips return to bar, immediately execute a back hip circle.</p> <p>A dish body shape must be maintained during the circle with the chest / upper back. The hips must be straight / open.</p> <p>Arms straight and body tight.</p>




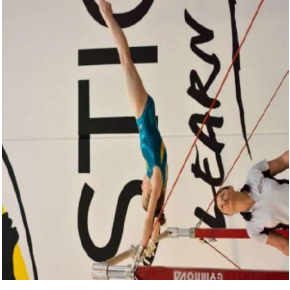
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Element	Value	Images	Technical Description
Underswing dismount from hips  OR feet (toe shoot) 	1.0		<p>From the completion of the back hip circle, continue circling the bar in backwards direction, until inverted (part way through a second circle). The body swings away from the bar into an immediate underswing.</p> <p>Body should lift to as close to horizontal as possible. Release at the peak of the swing forwards to land on floor with flexion at ankle, knee and hip, to land with control.</p>

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Element	Value	Images	Technical Description
<p>Jump from a box to grasp high bar OR from a kick start, 3 long hang swings, then release the bar at back of the 3rd swing</p> 	<p>1.0 x 3</p>   	<p>Standing on a box with feet together, grasp the high bar and take off into the 1st swing OR execute a kick start.</p> <p>The gymnast commences in a hollow body position on the top of the back swing. This position must show shoulders open, chest in and head neutral. This strong position must be maintained throughout the entire swing, particularly during the tap action.</p> <p>On the downswing (in the 2nd quadrant / around 45°), extension of the hips occur (a tap) in preparation for a strong kick (hip flexion) through the bottom of the swing. This tap action is generated through the hips, not by bending the knees.</p> <p>Once the body passes the vertical line of the bar into the swing forward, the gymnast then kicks their legs upwards into a hollow shape. The toes should be leading this upswing. At the top (approx. horizontal) of this front swing, the body should be in a hollow position, with the toes being the highest point.</p> <p>On the backswing, the hollow body shape must be maintained. The gymnast must show rising shoulders and hips, but with the body in a rounded hollow shape with the lower legs and feet pointing downwards at all times. For the safety of the gymnast; and to prevent unintended release of the bar on the back swing; the feet are <u>not</u> to point backwards over the low bar.</p> <p>Perform the 2nd and 3rd swings in the same manner as the 1st, building in height. Release the bar at the back of the 3rd swing. Judging ceases once gymnast has released the bar. After releasing the bar, the coach may assist gymnast to land.</p> <p>The legs may straddle on the descent of the swing, but need to be together on the backswing. If straddle is performed, 0.3 deduction each time.</p>	

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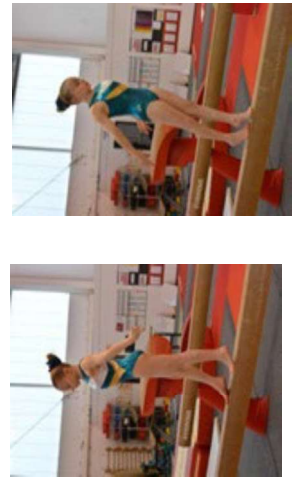


Compulsory Levels Level 3 Beam

Element	Value	Images	Technical Description
<p>Jump to front support, lift leg over to straddle sit, lift to mark clear straddle position, return back to straddle sit on beam, swing legs back to squat, to stand</p> 	0.5	 	<p>Arms and legs are straight. Lift to a clear straddle position, with the legs straight at horizontal. Mark this position (does not need to be held for 2 secs). Lower to straddle sit on the beam with extended hips. Swing with straight legs backwards before tucking feet onto beam to stand. If the gymnast swings back immediately from straddle lever position, there is no deduction.</p>
	0.5		<p>Stand upright with both feet flat on the beam.</p>


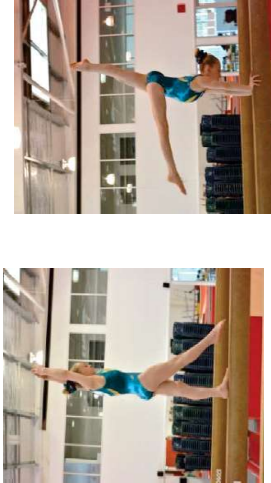

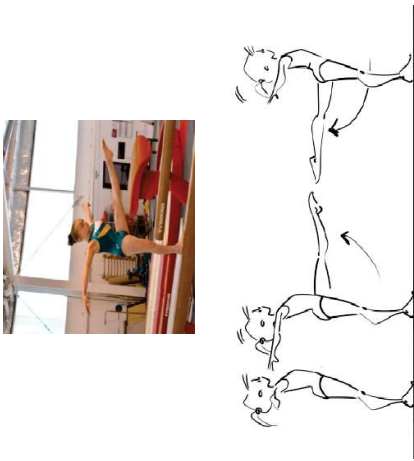
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Element	Value	Images	Technical Description
Single leg vertical hop 	1.0		Standing on one leg, lift one leg to 45° below horizontal, vertical hop to land on the same leg in demi-plie. It is acceptable to swing the free leg up to the 45° during the take off for the hop.
Side passé into forward passe, releve up/down 	0.5		Start standing on one leg with arms pressed back sideways. Lift free leg to side passé position, move free leg into forward passé position, releve up/down (there is no requirement for this releve to be held). Arms pressed back sideways.
½ turn on 2 feet, releve hold 	0.5		After lowering from relevé, the free leg is placed on the beam into 5th position. Arms move to beside the body. Complete ½ turn on 2 feet. Turn must be completed on relevé. At the completion of the 1/2 turn, hold relevé for 2 secs, arms remain at side. If the free leg touches the beam due to lack of balance, 0.3 deduction (for lack of balance).




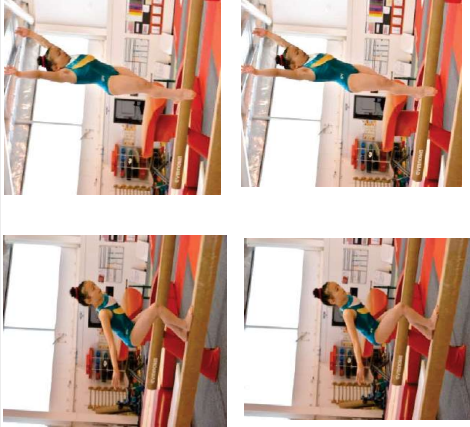
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Element	Value	Images	Technical Description
Forward entry kick to 'L' handstand, finish in lunge or step in 	1.0		Stand on one leg, with the other leg pointed in front, arms vertical, palms turned out. Place hands on beam with thumbs on top. Kick one leg to vertical, and second leg to horizontal or higher. There should be momentary support on the hands. Finish in lunge or step in, arm position optional.
2 x forwards kicks 	0.5 x 2		Start standing on one leg, with the other leg pointed forwards. Step forward transferring the weight from the back leg to the front leg, followed by kicking the free leg through forwards to complete a forward kick. Arms pressed back sideways throughout with body vertical. Support leg remains straight. Repeat to kick on the other leg.


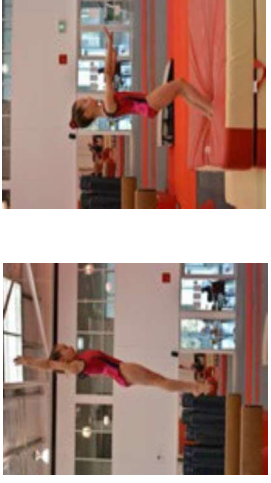
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Element	Value	Images	Technical Description
2 x backwards kicks 	0.5 x 2		Following the 2nd forward kick, step forward and complete a backward kick. Repeat back kick on other leg. Arms remain pressed back sideways throughout OR lift to 5th in backward kick and return to pressed back sideways between each kick.
2 x straight jumps in series 	1.0 x 2		Start with feet flat and together with optional arm position. Arms lift to vertical during the straight jumps. Arms will swing down and up between each jump. The jumps should be dynamic with body vertical. Land both jumps in a plié position, optional arm position.

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Element	Value	Images	Technical Description
2-3 steps, punch jump dismount from end of beam. 	1.0		2-3 steps, punch straight jump off the end of the beam to a controlled landing. Arms lift to vertical at take off. The jump off the beam should be dynamic, with minimal knee bend. Body should be vertical and straight during the jump. Landing in plié with feet together, arms in forward horizontal. Landing surface must be no less than 60cm below the beam.

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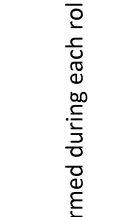
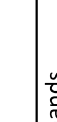
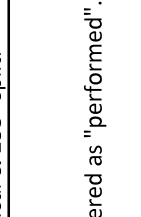


Compulsory Levels Level 3 Floor

Element	Value	Images	Technical Description
$\frac{1}{2}$ turn on 1 foot, $\frac{1}{2}$ turn on 2 feet 	0.5 x 2		<p>The arms will start in a high 3rd position (see Appendices for description of position).</p> <p>Standing in a 4th position lunge.</p> <p>The forward arm moves to a 2nd position at the start of the turn, lifting into 5th during the turn. Arms remain in 5th during the 2nd turn with feet in 5th position.</p> <p>1/2 turn on 1 foot - free leg must be held in strong passe position.</p> <p>Both turns must be on a high relevé.</p> <p>The cartwheel will commence with the arms vertical, palms turned out, standing on one leg, with the other leg pointed in front.</p> <p>The second cartwheel finishes in a 'step in' with feet together, arm position optional.</p>
Forward entry cartwheel, cartwheel 1/4 turn to step in 	1.0 x 2		<p>Stand feet together arms optional, jump upwards, split legs to show minimum 135° split.</p> <p>During the split jump arms must be pressed back sideways with body vertical.</p> <p>Land the split jump with feet together, arm position optional.</p>
Split jump (135°) 	1.0		

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Element	Value	Images	Technical Description
Backward roll x 2 	1.0 x 2		<p>Standing with legs together, squat down & commence backward roll. If don't commence from squat, 0.3 deduction.</p> <p>Hands should not touch the floor during the squat. If hands touch floor, deduct 0.1/0.3 only if there is lack of balance as well.</p> <p>Hands should be turned slightly inwards in the support phase with the gymnast in a tight tuck position.</p> <p>The roll will finish in a neat squat position.</p> <p>There is no deduction if a small kick out action is performed during each roll. The emphasis is on rotation.</p>
Bridge kickover 	1.0		<p>Lying on back, placing hands next to shoulders and with feet as close to the bottom as possible, push up into a bridge.</p> <p>Once in bridge position, shoulders push to be above hands in the bridge, with straight arms and legs.</p> <p>In preparation for kick over, feet may "step" towards hands.</p> <p>Kick over through a split handstand with the body vertical & 135° split.</p> <p>Finish in lunge or step in, with optional arms.</p> <p>Kick over must be attempted for element to be considered as "performed". If no kickover attempted, 1.0 deduction from Start Score.</p>

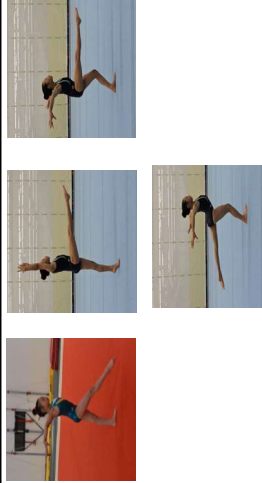

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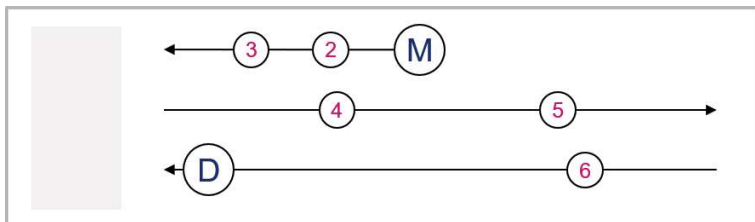
Element	Value	Images	Technical Description
Forward contraction 	0.5		<p>Starting with feet together, perform an upper body reverse wave into an upper thoracic contraction.</p> <p>Head tilts backwards and then moves down, in-between the arms.</p> <p>Hips are tucked under and tummy tucked in flat.</p>
Handstand forward roll 	1.0		<p>The handstand will commence with the arms vertical, palms turned out, standing on 1 leg, with the other leg pointed in front.</p> <p>As the body passes vertical, and commences moving into the roll, the hips and shoulders remain open momentarily, pushing away from the ground.</p> <p>Once in this candle stick position, begin tucking through the later part of the roll.</p> <p>Pass through squat position to stand with legs together. No deduction if stand up with straight legs.</p>

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Element	Value	Images	Technical Description
<p><u>Leap lead up drill - one on each leg</u></p> <p>Vertical hop with leg at forward horizontal, land then leap onto other leg x 2</p>	<p>0.5 x 2</p>		<p>Start in 2nd position, feet together on releve. Step and hop, swinging/lifting free leg to horizontal. Land through demi-plie onto same leg as take off leg. Arms swing forward to straight above head in 5th position during hop. On landing, arms pressed back sideways.</p>
	<p>0.5 x 2</p>		<p>Leap forward onto free leg landing in demi-plie, free leg behind in low arabesque. Arms remain pressed back sideways.</p> <p>Run with 2 steps to repeat on other leg. No deduction if directly connected.</p> <p>If hop/leap is performed on the same leg twice, 0.3 deduction.</p>

National Choreography Notes Level 3 | Beam



M ⇒ Jump to front support, lift leg over to straddle sit, lift to mark clear straddle position, back to straddle sit, swing legs back to squat, to stand.

2 ⇒ Single leg vertical hop

3 ⇒ Passé turn drill

4 ⇒ 'L' handstand

5 ⇒ 2 step kicks forward, 2 step kicks backward

6 ⇒ 2 x straight jumps in series

D ⇒ 2-3 steps, punch jump dismount from end of beam

Mount | Performed in the middle of the beam, facing judges (dependant on travelling length of hop).

Jump to front support, lift leg over to straddle sit, lift to mark clear straddle position, back to straddle sit, swing legs back to squat.

Finish | Facing dismount end.

From squat / tuck position, transfer through pike to stand, arms by side.

Place 1 bent leg forward with foot over toe, 1 arm stretched forward horizontal, free hand on shoulder, elbow extended backwards.

Extend straight front leg forward, arms in wide 2nd position and prepare for element.

Start | Standing on 1 leg, front leg pointed, arms in 2nd.

Element

Single leg vertical hop

Finish | In demi plie on 1 leg, arms optional.

Finish position |
Squat



Close feet together onto bent legs.

Place 1 foot behind body onto beam, weight on front leg. Back leg bent and pointed behind, hands on hips with shoulder twist.

Bring back foot forward with straight leg and point onto beam. Shoulders twist in opposite direction.

Step forward to feet together and prepare for element.



Start | *Arms pressed back sideways.*

Element

Show passé position on 1 foot in side position, move free leg to forward passé position, relevé up and down, lower free leg to relevé position on 2 feet, ½ turn on 2 feet, hold in relevé for 2 seconds

Arms optional throughout.

Finish | *Flat feet, arms optional.*



From feet together on relevé, lower to flat feet. Place 1 foot forward over toe, both legs bend. Arms lift to vertical.



Straighten both legs, extend front foot straight and pointed onto beam. Arms at vertical.

Prepare for element.



Start | *Standing on 1 leg, front leg pointed, arms vertical.*

Element

Forward entry to 'L' handstand

1 leg to vertical, other leg to horizontal or higher.

Finish | *Optional.*

From landing position, transfer weight onto 1 leg, free leg extended forward onto beam. Arms wave horizontally across body to finish in 2nd position.

Prepare for element.



Start | *Standing on 1 leg, front leg pointed, arms in 2nd position.*

Element

2 step kicks forward, 2 step kicks backward

Arms pressed back sideways in forward kicks.

Arms remain pressed back sideways throughout OR lift to 5th in backward kick and return to pressed back sideways between each kick.

Finish | *Standing on 1 leg, front leg pointed, arms in 2nd position.*



From finish position with free leg pointed forward, arms lift to vertical, palms facing out. Circle arms in alternate directions, bend both legs, front foot over toe. Arms finish vertically above head, straight legs.

Immediately relevé onto straight legs, arms in 5th. Perform ½ turn in relevé. Lower to flat feet.

Prepare for element.



Start | *Arms forward horizontal.*

Element

2 x straight jumps in series

*Arms lift to vertical during jumps.
Arms swing down between each jump.*

Finish | *In demi plie, arms optional.*

From landing position take 3 steps forward;
1st step - Step forward, free leg bent to back, knees together, 1 straight arm forward at horizontal, other on hip to back.
2nd step - Step forward, free leg bent to back, knees together, straight arm swinging to behind body at low oblique, shoulders twist with other hand on hip to front.
3rd step - Step forward, free leg bent to back, knees together, 1 straight arm forward at horizontal, other on hip to back.

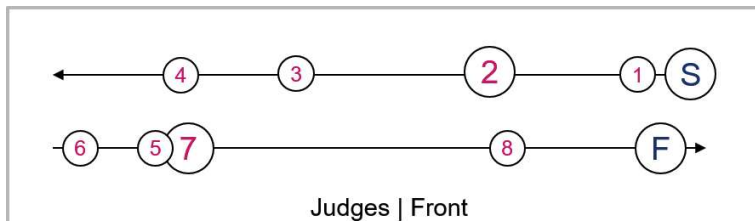
Prepare for dismount.

Dismount | 2-3 steps.

2-3 steps, punch jump dismount from end of beam.



National Choreography Notes Level 3 | "Children" – Robert Miles | Escala (0:51)



- 1 ⇒ ½ turn on 1 foot, ½ turn on 2 feet
- 2 ⇒ T1 | Forward entry cartwheel, cartwheel ¼ turn to step in
- 3 ⇒ Split Jump
- 4 ⇒ 2 backward rolls to finish in squat
- 5 ⇒ Bridge kickover
- 6 ⇒ Forward contraction
- 7 ⇒ T2 | Handstand forward roll
- 8 ⇒ Leap lead-up drill x 2

Notes regarding overall performance level.

- The 'mood' of this routine is 'sweet', using soft fluid movements.
- All arm and body movements to be performed with amplitude and must be complete.
- Must start and finish elements as per outline stated in ALP manual.
- No unnecessary/unchoreographed steps to be performed.
- Dance into tumblers (if stated) must be fluid.
- All choreography and dance must finish in the starting position of required elements.

Start pose | Facing into the floor. Weight on R foot, L pointed behind, arms low oblique to the back, focus forward.



Bring both feet together and relevé with soft arms lifting through an open 2nd position to a high oblique position.



Prepare for element.

Start | Arms in high 3rd position, legs in 4th lunge position; forward arm moves to 2nd position at start of turn, then lift to 5th during first ½ turn, remain in 5th for 2nd half turn.



Element

½ turn on 1 foot, ½ turn on 2 feet 2

½ turn on 1 foot - free leg must be held in strong passé position.

Both turns must be on a high relevé.

Finish | Feet together on high relevé, arms in 5th position.

Keep arms straight and above head, then flick hands and wrists (palms now facing out), whilst lowering to support of 1 foot, free leg pointed in front.

Prepare for element.

Start | Arms vertical palms turned out, standing on 1 leg, front leg pointed.

Element

Forward entry cartwheel, cartwheel ¼ turn to step in

Finish | 'Step in' with feet together, arm position optional.

No presentation after tumble.

Dance begins from landing position on straight legs.

Relevé to high passé position on 1 foot and repeat passé position in 2 walking steps backward. Back of hands draw up to the side of face, elbows out. On last step close feet together (high relevé) and 'throw' arms high above head to 5th position (arms).

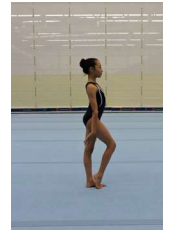
Lower to flat feet, with opposite circle of both arms (1 forward & 1 backward) bending both legs, with the heel of one foot lifted over toe. Arms finish by above head whilst straightening legs.

Step sideways onto R leg (towards the front of the floor). Reach towards front of floor with extended R arm, body leaning over R bent leg. L leg is straight and pointed, L arm by L side. Transfer weight back onto L leg and bring body upright and feet together. R arm finishing above head by ear, L arm by side, R leg bent.



Bend R arm, leading with back of R wrist down behind head. Drop elbow down to side, keeping hand by head, Curl R arm down to finish straight by side.

Prepare for element.



Start | *Feet together, arms optional.*

Element

Split jump (min. 135° split)

During the split jump arms must be pressed back sideways with body vertical.

Finish | *Feet together, arm position optional, knees bent in demi plie.*



From landing position, lift to high passé position on straight leg on relevé, with flick of wrists (palms now facing ceiling), arms straight to side, close feet together in squat position, heels lifted off floor. No steps to be taken.

Prepare for element.



Start | *Squat position.*

Squat down and commence backward roll, hands should not touch the mat.

Element

2 backward rolls to finish in squat

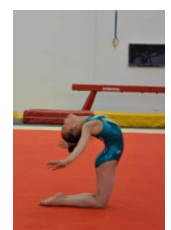
Hands will be turned inwards in the support phase with the gymnast in a tight tuck position.

Immediately perform a second backward roll maintaining a tight tuck position.

Finish | *Neat squat position.*



Lower knees to floor and perform a reverse kneeling bodywave. Arms lifting to 5th position, opening out to a wide 2nd position with small arch of upper spine, with head back, then showing a contraction forward.



Forward roll to lie flat on floor. Bend both knees, both toes tucked under, wrists & arms perform alternate small wave.

Prepare for element.

Start | *Lying on back, placing hands next to shoulders and with feet close to the body.*

Element

Bridge kickover (min. 135° split)

Once in bridge position, shoulders pushed above hands in the bridge, with straight arms and legs.

Kick over through a split handstand with the body vertical & 135° split

Finish | *Lunge or step in, arms optional.*



From lunge position, transfer weight or step backwards onto straight L leg on relevé, R in high passé. L arm vertical by head, R arm straight to side of body. Take 2 steps backwards to pose on straight L leg on relevé, R in high passé, arms in 2nd, palms to ceiling. Close feet together on straight legs.



Start | *Feet together.*

Perform a small upper body reverse wave into the contraction.

Element

Full forward contraction

Hands wave one at a time lower to side to stand.

Circle straight arms down, backward and up to finish above head, palms facing out.



Wave



Prepare for element.

Start | *Arms vertical palms turned out, standing on 1 leg, front leg pointed.*

Element

Handstand forward roll

Finish | *Pass through squat position to standing with legs together.*



No presentation after forward roll.

Step into 2 high hops, 1 arm forward high oblique, 1 arm to the side and slightly back. Alternate arms for each hop. Step forward to 2 feet together.



Prepare for element.

Start | *Arms in 2nd position, feet together on relevé.*

Element

Leap lead-up drill x 2

Step and hop with free leg at horizontal, land through demi plie onto same leg as the take-off leg.

Arms swing forward to straight above head in 5th position. On landing arms move to pressed back sideways.

Leap forward onto free leg landing in demi plie, free leg behind in low arabesque. Arms pressed back sideways.

Run with 2 steps to repeat on other leg.

Finish | *Close back leg into support leg on relevé. Arms in wide 2nd position.*

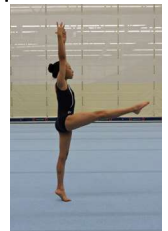
Step into vertical hop position



Step into vertical hop position



Shape of vertical hop



Landing from hop position



Landing from leap position



Finish pose | Take 1 step forward onto R foot, back foot pointed, flourish of arms to finish, L above head by ear, R extended to open side. Focus to front of floor.

