

Australian Women's Levels Program

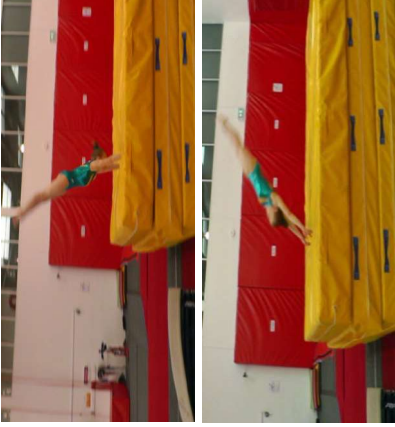


Compulsory Levels

Level 4

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 90cm or 110cm 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 mat, while maintaining an open shoulder angle, and straight body position.</p> <p>After the repulsion, land onto 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 4 Uneven Bars

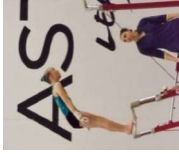
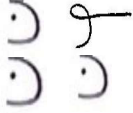
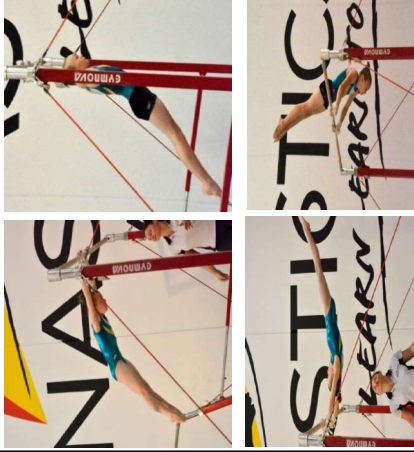
Element	Value	Images	Technical Description
Glide swings x2 (may straddle legs) 	0.5 & 0.5	  	<p>From a dish hold or jump, execute a glide swing. Maintain a tight body throughout the swing.</p> <p>Straddle glide is permitted.</p>
Pull over to front support 	1.0		<p>Pull over the bar to front support with arms straight. Tight body shape throughout. In front support - chest remains in with hips open / extended, arms straight.</p>

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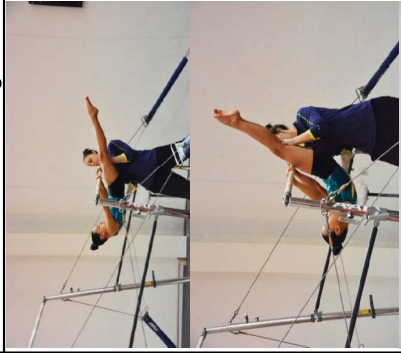
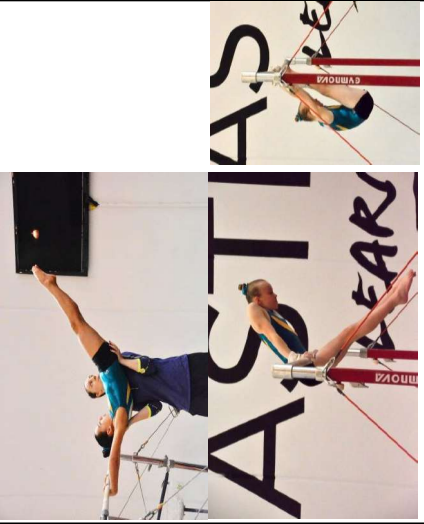
Element	Value	Images	Technical Description
Cast to horizontal x 2 	1.0 & 1.0		Cast to lift hips off the bar to horizontal with a tight, straight body. A dish shape must be shown clearly on the cast with the chest / upper back. The hips must be straight / open, with no back arch. Arms straight and body tight.
Back hip circle 	1.0		After the cast hips return to bar, immediately execute a back hip circle. A dish body shape must be maintained during the circle with the chest / upper back. The hips must be straight / open. Arms straight and body tight.

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Element	Value	Images	Technical Description
Climb to squat on OR cast to squat/stoop on OR cast to squat/stoop on, sole circle, Jump to grasp high bar	No value		Whilst this skill is not judged, if the gymnast loses control or falls, relevant deductions will be applied. Climb feet onto the bar to finish in a standing position. Jump from the low bar with feet pointed, legs together and open hips to grasp the high bar OR Cast to place feet on LB between hands in a tight squat or pike. Jump from the low bar with feet pointed, legs together and open hips to grasp the high bar OR Cast to place feet on LB between hands, sole circle. Jump from the low bar with feet pointed, legs together and open hips to grasp the high bar.
2 long swings, pullover on 3rd swing 	1.0 x 3		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. 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. 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. 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. Perform the 2nd and 3rd swings in the same manner as the 1st, building in height and amplitude. At the front of the 3rd swing, pullover the bar to a front support position, turning wrists quickly. Chest remains in with hips open / extended. Arms straight in front support. As the wrists are turning to front support the hands should not release the bar. If they do, 0.3 deduction. 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.

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Element	Value	Images	Technical Description
Underswing dismount may be from hips  OR feet (toe shoot) 	1.0	 	From the pullover, either continue circling the bar in backwards direction, until inverted. OR Cast feet onto the bar then circle in the backwards direction until inverted. The body swings away from the bar into an immediate underswing. Release at the peak of the swing forwards to land in demi plic with arms forward horizontal in a secure position.



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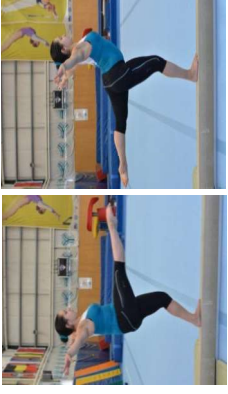





Compulsory Levels Level 4 Beam


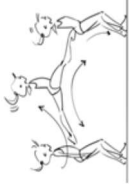



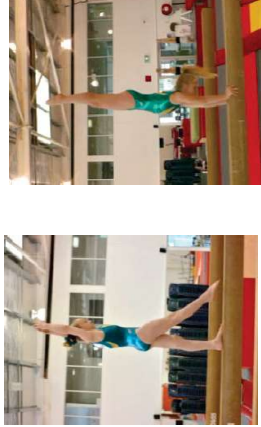
Element	Value	Images	Technical Description
<p>Jump to front support, lift leg over to straddle sit, lift to mark clear straddle position, return back to straddle sit on beam, swing legs back to squat, to stand</p> 	<p>0.5 and 0.5</p>		<p>With hands pushing down on the beam at the same time as the feet jump off the board - jump to front support with open hip position in support. Lift one leg over to straddle sit. Arms and legs are straight throughout with a concave chest shape. Lift to a high, clear straddle position, with the legs straight at horizontal. Hold this position for 2 secs. Lower to straddle sit on the beam. 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. Stand upright with both feet flat on the beam.</p>

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Element	Value	Images	Technical Description
Leap drill (dominant leg only) 	0.5 & 0.5		Standing on one leg, front leg pointed. Lift front leg to forward horizontal, vertical hop, land through demi pite onto same leg as take off. Leap forward onto free leg landing in demi pite. Arms pressed back sideways throughout. It is acceptable to swing the free leg up to horizontal during the take off for the hop.
Passé ½ turn on one foot, 1/2 turn on 2 feet, relevé hold (2 secs) 	0.5 0.5	 	Start standing on one leg with arms pressed back sideways. Lift free leg to side passé position, initiate the ½ turn by bringing the free knee to forward passé and rise to strong relevé position for the turn. The passé ½ turn can finish in relevé or flat foot. Arms lower to side during the turn. At the completion of the passé ½ turn, bring the free leg from passé position to 5th position, into relevé on the beam. Complete 1/2 turn on 2 feet relevé. Hold relevé for 2 seconds with arms remaining down at side. Both turns must be on a high relevé. 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
Split Jump (135° split) 	1.0		Split jump should be performed with no or minimal forward travel, legs evenly split forwards & backwards. Arm position optional.
Straight jump, straight jump series 	1.0 x 2		Start with feet flat either together or in a 5th position, arm position optional. Arms lift to vertical during the straight jump. Arms will swing down between jumps. Land the second jump in a plie, arm position optional.
Kick to handstand - step in 	1.0		Stand on one leg, with the other leg pointed in front, arms vertical, palms turned out. Kick to handstand showing control and momentary support in handstand. Handstand is completed to a step in position with feet flat either together or in a 5th position. Arm position optional.

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Element	Value	Images	Technical Description
Dismount: Standing straight jump backwards from the end of the beam 	1.0		Straight jump backwards off the end of the beam to a controlled stuck landing onto a surface no greater than 60cm from the top of the beam. The hip is open at take-off with arms vertical. The ideal take off position is the feet, legs, hips, torso, arms and head all in alignment. Landing in plie with feet together, arms in forward horizontal.




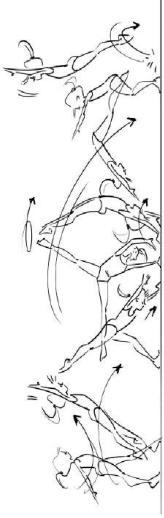

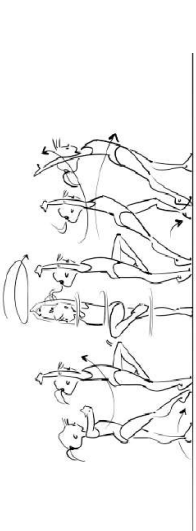
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Compulsory Levels






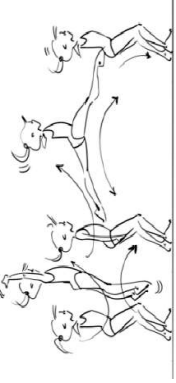
Level 4

Floor

Element	Value	Images	Technical Description
Backward roll to front support 	1.0		Optional entry into the backward roll with straight arms to finish in front support. Hands should not touch the floor during the "roll" to ground phase, however, there is no deduction if they do touch the ground. Hands should be turned slightly inwards in the support phase and arms straight throughout.
Jump hurdle, round-off, rebound 	1.0		Standing with legs together, jump hurdle round-off rebound. If run or steps performed into hurdle or round-off, 0.3 deduction. Rebound should be dynamic, lift vertically and may have some displacement backwards. Body aligned & tight in the air – the shape can be "open/straight" or slightly concave. The rebound should be controlled but not stuck – up to 3 steps backwards without deduction. It is acceptable to "bounce" out of the rebound into the 3 steps. The rebound should land on 2 feet, prior to the bounce/steps backwards. If the rebound travels forward, lack of control & body shape deductions apply.
Full turn on one foot 	1.0		The arms will start in a high 3rd position. Standing in a 4th position lunge. The forward arm moves to a 2nd position at the start of the turn, lifting into 5th during the turn. Turn must be on high relevé. On completion of turn, step through plie to stand on one leg, with the back leg in pointed, arms pressed back at side. No deduction if entry into turn or finish are varied.



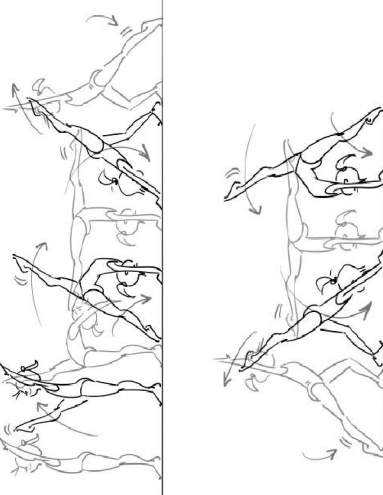
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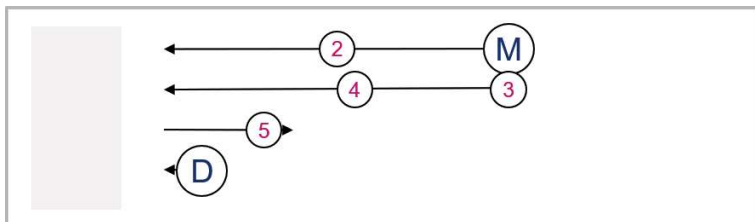
Element	Value	Images	Technical Description
Split leap (135°) 	1.0		2-3 running steps, split leap to show 135° split (bent or straight leg entry acceptable). Hips should lift upward with torso vertical at peak of leap. Arms should be pressed back sideways during the leap. On landing, pass through arabesque / fondu (not required to be held), step through to a finish of standing on 1 leg, back leg pointed, arms pressed back at side.
Handspring to two feet rebound 	1.0		From 3-4 running steps, hurdle into front handspring to 2 feet, immediate rebound. Rebound should be dynamic, lift vertically and may have some displacement forwards. Body aligned & tight in the air – the shape can be “open/straight” or slightly arched. The rebound should be controlled but not stuck – up to 3 steps forwards without deduction. It is acceptable to “bounce” out of the rebound into the 3 steps. The rebound should land on 2 feet, prior to the bounce/steps forwards. If the rebound travels backward, lack of control & body shape deductions apply.
Straight jump, split jump (135°)  <i>May be reversed</i>	1.0 x 2		Start with the feet together, arm position optional. Execute a straight jump directly connected to a split jump with 135° split. The two jumps should be connected with a dynamic rebounding take off between them. Arms vertical in straight jump & pressed back sideways in split jump. Land the split jump with feet together, arm position optional.

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Element	Value	Images	Technical Description
Backward walkover  OR tic toc 	1.0		Start standing on one leg, free leg pointed in front, arms vertical, palms turned out. Enter the skill with the arms by ears and kick / walkover to an overhead split (135°), with a strong handstand position shown. Finish in either a lunge or step in position, with arms optional position.

National Choreography Notes Level 4 | Beam



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

2 ⇒ Leap lead-up drill

3 ⇒ 1 x passé ½ turn, ½ turn on two feet in relevé

4 ⇒ Jump series

5 ⇒ Kick to handstand

D ⇒ Standing straight jump backwards from the end of the beam.

Mount | Performed in the middle of the beam, facing judges (dependant on travelling length of leap lead up drill).

Jump to front support, lift leg over to straddle sit, lift to hold 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 on toe, pose with arms low oblique (1 forward, 1 behind). Lift hip whilst flicking wrists up and down.

Prepare for element.

Start | Standing on 1 leg, front leg pointed, arms vertical palms turned out.

Element

Leap lead-up drill

*Dominant leg only

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 open arms out to 2nd position.

Finish position |
Squat



Start



Leap forward onto free leg landing in demi plie, free leg behind in low arabesque. Arms move to wide 2nd position.

Finish | Close back leg to plie, arms 2nd.

From landing position, perform 3 small passé steps backward.
Lift up to high relevé with passé, arms vertical or high oblique to the side, wrists flicking on each step as an accent.

Finish feet together on high relevé.

Lower to flat feet, taking arms to wide 2nd position.

Prepare for element.

Start | Arms pressed back sideways.

Element

1 x passé ½ turn, ½ turn on 2 feet in relevé

*Arms at side during passé turn.
Arms at side during 2 feet turn.*

Finish | On relevé, arms by side.

From finish position, lower to 1 flat foot, bringing free leg forward to toe tucked under, bent legs.

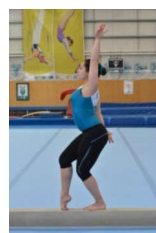
Place arms to side, with 1 arm low oblique and 1 arm high oblique.

Tilt arms to same position on other side.

Finish position



Wrist movement



1 or 2 steps into a passé position with weight on 1 foot, free leg bent and pointed behind. Small wave of 1 hand around face, lifting it to vertical. Step to feet together.

Prepare for element.

Start | *Start standing with 1 foot behind the other, arms in forward horizontal.*

Element

Stride jump (min. 135° split)

AND

2 x straight jumps

**In series*

Arms swing down between each jump.

Stride jump with no or minimal forward travel, legs evenly split forwards and backwards.

Jumps are directly connected, showing vertical lift, torso remains in upright position.

Finish | *1 foot in front of the other.*

From landing position, take 1 step, lifting 1 leg to bend behind with knees together, arms in wide 2nd, hands flicking on an accent, palms to ceiling.

Step and lift 1 leg to passé, arms in wide 2nd, hands flicking on an accent.

1 or 2 steps to the end of the beam with ¼ turn, weight on bent leg (closest to end of the beam), opposite arm to support foot extended forward to horizontal, other arm behind at horizontal.

Bring free leg into straight support leg, arms down to side. Foot over toe. Lift 1 hip



up to side (same hip as bent leg).

Relevé on 2 feet with $\frac{1}{4}$ turn ending with back to dismount end.

Lower heels and prepare for element.

Start | *Stand on 1 leg, front leg pointed, arms vertical palms turned out.*

Element

Kick to handstand | step in

Finish | *Arms forward horizontal.*

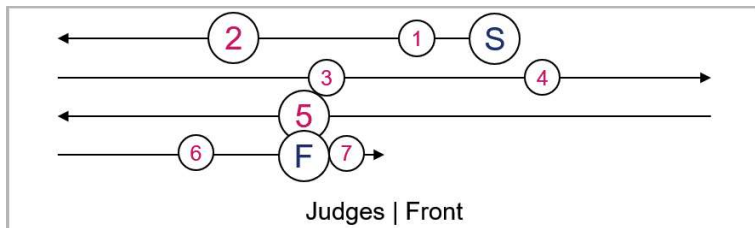
1 or 2 small steps backwards to prepare for dismount.

Dismount | *Arms forward horizontal.*

Standing straight jump backwards from the end of the beam.



National Choreography Notes Level 4 | "Cha Cha Cha" – Mo' Horizons (1:02)



- 1 ⇒ Backward roll to front support
- 2 ⇒ T1 | jump hurdle, round-off, rebound
- 3 ⇒ Full turn on 1 foot
- 4 ⇒ Split leap
- 5 ⇒ T2 | Handspring to 2 feet, rebound
- 6 ⇒ Straight jump, split jump
- 7 ⇒ Backward walkover OR Tic Toc

Notes regarding overall performance level.

- Start position on the strip is relative to the length taken in the first tumble. T1 must land towards the end of the strip.
- The performance attitude of this routine is a mix of playful dance and staccato (concise), strong 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 tumbles (if stated) must be fluid.
- All choreography and dance must finish in the starting position of required elements.

Start pose | Facing back of floor. Weight on L leg, R crossed over L in front, arms folded, focus to back of floor.



Step to the R to a wide straight leg position, turn shoulders and head to L, focus to front of floor.



Keep feet in place, turn head and body to R to look at front of floor, both legs bent and staggered with weight on R leg, L heel lifted, L hand on hip, R arm straight and hand 'pointing' to front of floor, focus to front of floor.

Transfer weight onto R foot in relevé, L leg bends, keep knees together. Tap R side of hip with R hand, then extend straight R arm back out to R side. Wrist flexed with palm to front of floor.



Close L foot to R on relevé.

Arms in small jump

Small changement jump on spot. Arms high oblique to side.

Prepare for element.

Start | *Optional entry into backward roll.*

Element

Backward roll to front support

Hands will be turned inwards in the support phase, with arms straight throughout.

Finish | *Front support position.*

Jump into a tight squat position, feet and knees together.

Using 3 notes of the music:

- 1 bounce of body in squat.
- 1 small $\frac{1}{4}$ turn jump in squat to L to face back of floor.
3. Jump to narrow straddle sitting on floor, hold ankles.

Holding ankles, roll in narrow straddle to R to end in straddle facing along diagonal of floor.

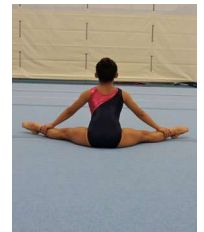
Turn to place straight legs in narrow straddle. Hands remain on floor, look 'under' arm to the front of the floor. Stand up bringing feet together, lifting heel of 1 foot. Both legs bent. L arm extends 'shaking/shimmering' hand lifting to vertical. R hand on hip.

Step diagonally forward onto L straight leg relevé, R bends into passé. Repeat to R, then again to L. When weight is transferring over support leg, the hip 'pushes' out over leg. Hands on hips.

Slide diagonally backwards onto straight R leg, bring L leg to feet together ('slide'). Arms lift sideways to finish above head.

Prepare for element.

Finish position



Start | *Standing with legs together, arms optional, jump hurdle.*

Element

***Jump hurdle, round-off,
rebound***

Must show straight body in the air, with the body acting as 1 unit.

Rebound must show vertical lift and may have some displacement backward.

Finish | *Rebound to land legs together*

No presentation after tumble.

Dance begins from landing position on bent legs.

2 quick steps forward to wide straight legs on relevé, arms reach forward 1 after the other to horizontal, soft wrists, focus forward. Body slightly piked.

2 quick steps forward to feet together on bent legs, 1 heel lifted, arms down to side, focus to front.

2 quick steps forward to wide straight legs on relevé, arms reach forward 1 after the other to horizontal, soft wrists, focus forward.

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 both arms lift to 5th during turn.*

Element

Full turn on 1 foot

Passé position



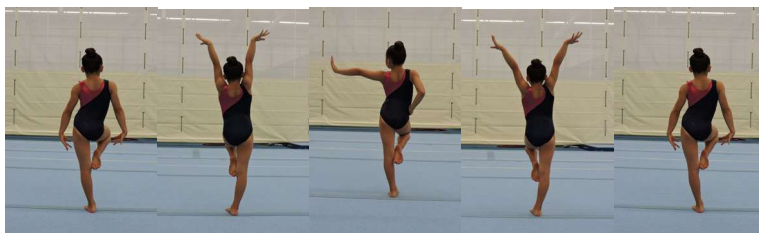
Finish | *Step through plie to stand on 1 leg, with the back leg in pointed, arms pressed back at side.*

From finish position, ¼ turn to face back and perform 4 small steps.

1. Start on L leg, hip to L, small step to R foot, change hip placement to R, L in passé, arms high oblique to side.
2. Repeat step and hip placement to L, R hand on hip, straight L arm to side horizontal, wrist flexed.
3. Repeat step and hip placement to R, arms high oblique to side.
4. Repeat step and hip placement to L, arms lower to side of body.

¼ turn to R and step onto R leg in relevé (facing side of floor), knees together with L bent up to back, L hand on hip, R pointing to front of floor, focus to front.

Continue travelling into element.



Start | *2-3 running steps.*

Element

Split leap (min. 135° split)

Bent or straight leg entry for split leap is acceptable.

Arms should be in pressed back sideways during the leap.

Finish | *Pass through arabesque / fondu (not required to be held), step through to a finish of standing on 1 leg, back leg pointed, arms pressed back at side.*



1 or 2 steps towards end of floor strip to end facing front with weight on R leg, L bent to side on toe. Throw arms up above head in accent, palms turned in.

Transfer weight through relevé of straight legs, then ¼ turn to R onto L leg (flat foot) to face into floor, R bent forward on toe. Hands 'shake/shimmer' while lowering from vertical down to front of body, chest stays upright. Focus forward.



Start | *3-4 running steps, hurdle into front handspring.*

Element

Handspring to 2 feet, rebound

Finish | *Rebound with legs together.*



No presentation after tumble.

Dance begins from landing position on bent legs.

1 step to the R side to a wide stance (facing outside of floor), change weight of body to R & L. Arms high oblique and flicking wrists to side following body movement.

Bring feet together onto bent legs (weight on R leg, L heel lifted) as arms come down to side, focus to front of floor.

Prepare for element.



Start | *Feet together, arms optional.*

Element

***Straight jump, split jump
(min. 135° split) or reversed***

The 2 jumps should be connected with a dynamic rebounding take off between them.

Arms during jump - vertical in straight jump & pressed to side in split jump.

Finish | *Legs together, arms optional.*



From landing position, 2 exaggerated skips backward.

Long slide facing back of floor onto R foot, L leg pointed to side, R arm high by ear, L arm out to side, focus to L.

¼ turn to face side of floor (towards R side from judges' perspective) and prepare for element by alternately bending and curling arms as lifting to vertical, (each forearm circles once).

Prepare for element.



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

Element

Backward walkover (min. 135° split)

OR

Tic toc (min. 135° split)

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

Finish pose | *From lunge, ¼ turn to face front of floor, or 1 step and ¼ turn to face front of floor and cross R leg over L whilst crossing arms (exaggerate movement of arms crossing). Focus to front of floor.*

Start position



Split position

