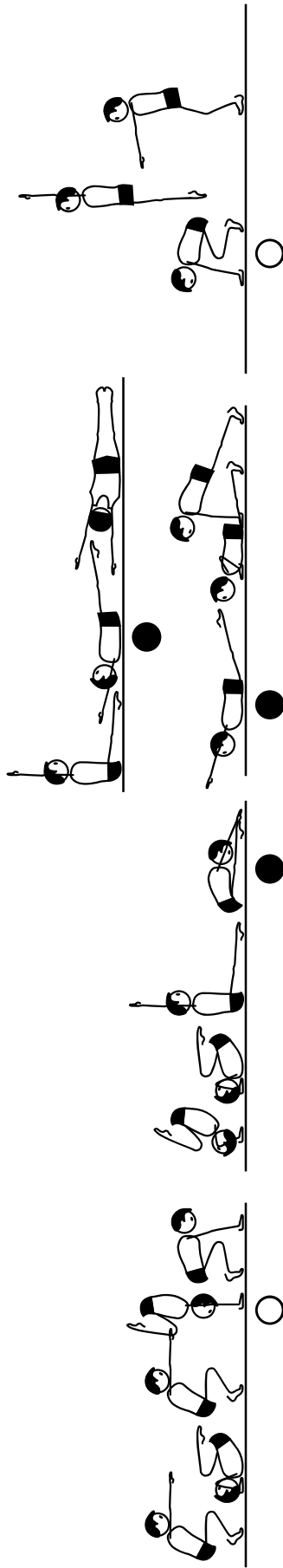




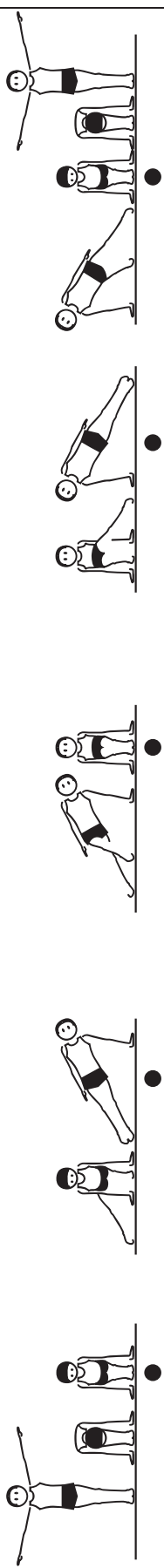
Gymnastics Australia
Men's Australian Levels Program
NATIONAL COMPETITION CURRICULUM
LEVEL 1

FLOOR EXERCISE – LEVEL 1

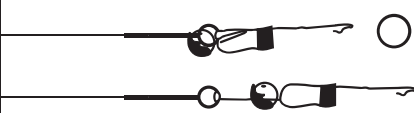


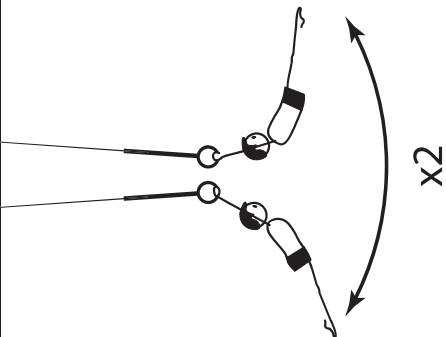
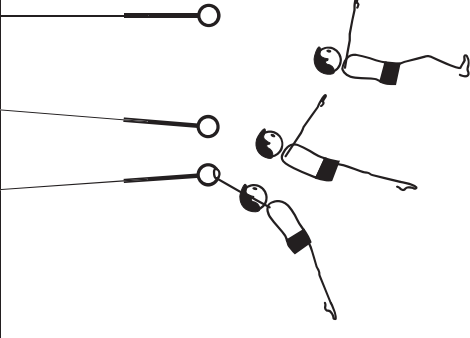
Item	Skill 1	Skill 2	Skill 3	Skill 4
Skill Value	2.5	2.5	2.5	2.5
Required Skill	Forward Roll, Tucked Handstand	Forward Roll, Pike Stretch (2 Sec)	Dish (2 Sec), Arch (2 Sec), Front Support	Straight Jump
				
Technical Description	Stand inside the floor area, lift arms to a presentation position and begin the routine. Squat down and forward roll to immediate 2-footed jump into momentary tucked handstand. Lower back down to squat position.	Forward roll with straight legs to seated L-sit with arms above the head. Reach forwards towards toes into pike stretch (hold 2 seconds).	Lift arms above the head and lie down backwards. Lift to dish position (hold 2 seconds). Roll sideways to arch position (hold 2 seconds) and lie face down. Circle arms around and push up to momentary front support.	Jump to momentary squat stand with immediate straight jump to stand.
Typical Deductions	Lack of rhythm 0.1 - 0.3 Push with hands to squat 0.3 Tuck handstand not shown 0.3 Tuck handstand not vertical (1°-15°/16°-30°/>30°) 0.1 - 0.5 Bent arms in handstand 0.1 - 0.5 Legs apart 0.1 - 0.5 Feet not pointed 0.1	Bent knees 0.1 - 0.5 Lack of rhythm 0.1 - 0.5 Lack of flexibility 0.1 - 0.3 Hold < 2 seconds 0.3 No hold 0.5 Feet not pointed 0.1	Poor dish shape 0.1 - 0.5 Poor arch shape 0.1 - 0.5 Hold < 2 seconds (each time) 0.3 No hold (each time) 0.5 Lack of rhythm 0.1 - 0.3 Body not straight in push-up 0.1 - 0.5 Poor body shape in support 0.1 - 0.5 Front support not shown 0.3	Squat not shown 0.3 Jump not dynamic 0.3 Body not stretched in jump 0.1 - 0.5
Momentary requires the gymnast to stop in the described position but not hold the position *'Out of Floor Area' deductions for routines performed in a straight line do not apply at this level				

POMMEL HORSE – LEVEL 1

This routine is performed on the Floor (or a Floor mushroom)

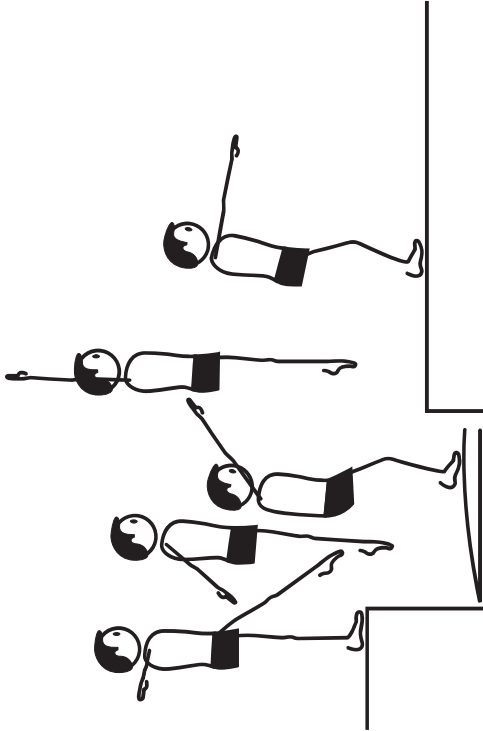
Item	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Skill Value	2.0	2.0	2.0	2.0	2.0
Required Skill	Front Support (2 Sec)	Side Support (2 Sec)	Rear Support (2 Sec)	Side Support (2 Sec)	Front Support (2 Sec), Stand
					
Technical Description	From stand, lift arms to a presentation position to begin routine. Squat down and jump legs outwards to a front support position (hold 2 seconds).	Walk legs in a circular motion from front support to a side support position on one arm (hold 2 seconds).	Continue to walk legs in a circular motion from side support to a rear support position (hold 2 seconds).	Continue to walk legs in a circular motion from rear support to a side support position on one arm (hold 2 seconds).	Continue to walk legs in a circular motion from side support to a front support position (hold 2 seconds). Jump to squat and stand to present.
Typical Deductions	Bent knees 0.1-0.5 Bent arms 0.1-0.5 Poor body position 0.1-0.5 Hold < 2 seconds 0.3 No hold 0.5	Bent knees 0.1-0.5 Bent arms 0.1-0.5 Poor body position 0.1-0.5 Angular deviation from side support 0.1-0.5 Side support not one-armed 0.3 Hold < 2 seconds 0.3 No hold 0.5	Bent knees 0.1-0.5 Bent arms 0.1-0.5 Poor body position 0.1-0.5 Hold < 2 seconds 0.3 No hold 0.5	Bent knees 0.1-0.5 Bent arms 0.1-0.5 Poor body position 0.1-0.5 Angular deviation from side support 0.1-0.5 Side support not one-armed 0.3 Hold < 2 seconds 0.3 No hold 0.5	Bent knees 0.1-0.5 Bent arms 0.1-0.5 Poor body position 0.1-0.5 Hold < 2 seconds 0.3 No hold 0.5

RINGS – LEVEL 1

Item	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Skill Value	2.0	2.0	2.0	2.0	2.0
Required Skill	Chin-Up	Tucked Chin-Up (2 Sec)	L-Hang	Long Swing x2	Dismount
					
Technical Description	From a static hang with straight arms, lift to momentary chin-up position.	Bend and lift legs into a tucked chin-up position (hold 2 seconds).	Lower to tuck hang, straighten legs out to momentary L-hang.	Beat backwards into long swing backwards and forwards x2.	On the 3 rd swing backwards, dismount to stand.
Typical Deductions	Legs apart on lift 0.3 Bent arms in hang 0.1-0.5 Lack of rhythm 0.1-0.3 Swing action 0.1-0.5 Momentary chin-up not shown 0.3 Chin not ring height 0.1-0.5	Chin not ring height 0.1-0.5 Poor tucked position 0.1-0.5 (min 90° bend at hips and knees) Feet not pointed 0.1 Hold < 2 seconds 0.3 No hold 0.5	Full hang not reached before L-hang 0.3 Momentary L-hang not shown 0.3 Legs not horizontal 0.1-0.5 Bent knees 0.1-0.5 Bent arms 0.1-0.5 Closed shoulders 0.1-0.5 Feet not pointed 0.1	Front/Back Swings: Hips < 45° 0.1-0.5 (from lower vertical) Bent knees 0.1-0.5 Bent hips 0.1-0.5 Feet apart 0.1-0.5	Hips < 45° 0.1-0.5 (from lower vertical) Bent knees 0.1-0.5 Feet apart 0.1-0.5 Steps/uncontrolled landing 0.1-0.3 Fall 1.0

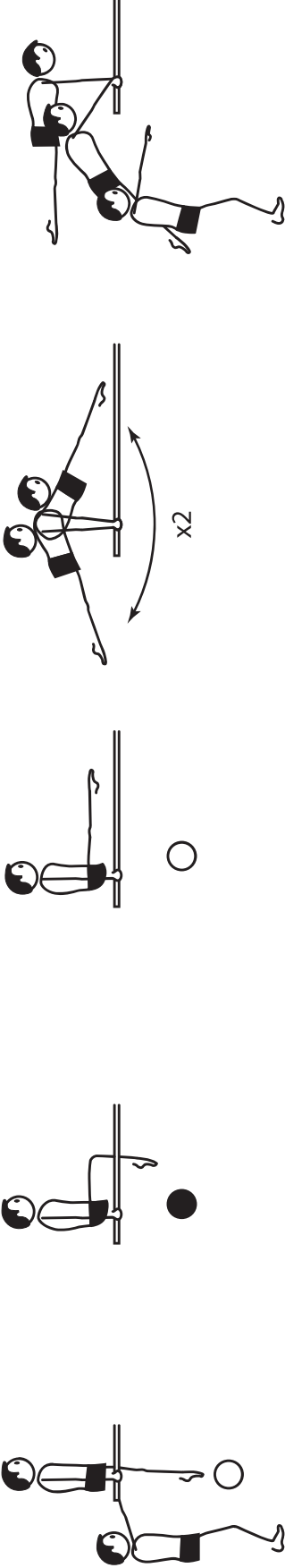
Momentary requires the gymnast to stop in the described position but not hold the position

VAULT – LEVEL 1

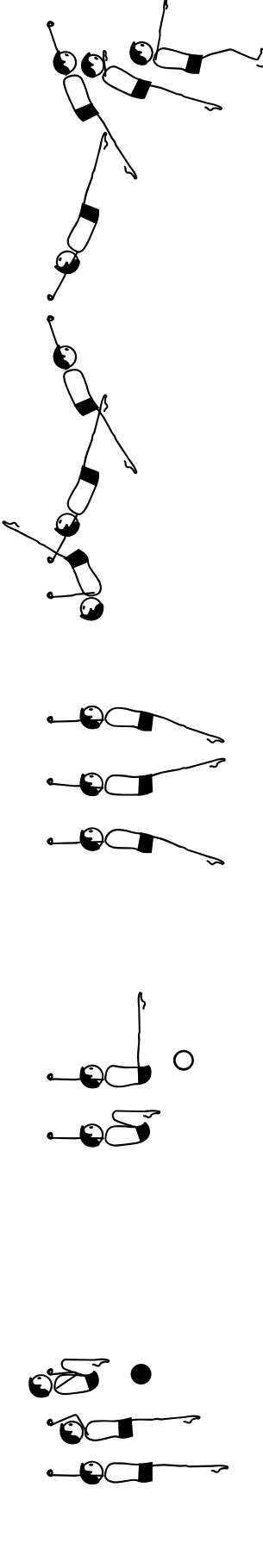
Item	Vault	
Skill Value	10.0	
Required Skill	Stretched Jump	
		
Technical Description	<p>From a standing position on a 60cm hard box, step one foot forward over the front edge and pause. Jump forwards onto a spring board, landing with 2-feet together, and rebound into stretched jump onto 30cm matting*.</p> <p>* 30cm Matting = 20cm landing mat + 1x 10cm landing mat OR 1x 30cm landing mat</p>	
Typical Deductions	<p>No under-arm swing on take-off</p> <p>2-foot jump from box</p> <p>Feet not contacting board simultaneously</p> <p>Feet not leaving board simultaneously</p> <p>Lack of rhythm / no rebound action</p> <p>Lack of height (feet below knees)</p>	<p>0.3</p> <p>0.5</p> <p>0.1-0.3</p> <p>0.1-0.3</p> <p>0.1-0.3</p> <p>0.3</p> <p>Body not straight / stretched</p> <p>Bent knees</p> <p>Legs apart</p> <p>Feet not pointed</p> <p>Steps / uncontrolled landing</p> <p>Fall</p> <p>0.1-0.5</p> <p>0.1-0.5</p> <p>0.1-0.5</p> <p>0.1</p> <p>0.1-0.3</p> <p>1.0</p>

PARALLEL BARS – LEVEL 1

Parallel Bars should be set to minimum height settings

Item	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Skill Value	1.0	2.0	1.0	4.0	2.0
Required Skill	Support	Tucked L-Sit (2 Sec)	L-Sit	Support Swing x2	Dismount
					
Technical Description	From a still stand, jump OR coach lift to a momentary stationary support position on the end of the bars.	Lift to tucked L-sit (hold 2 seconds). <i>Tucked L-sit position should replicate L-sit with a 90° bend at the knees</i>	Straighten legs through to momentary L-sit.	Push forwards and swing backwards and forwards x2.	On 3 rd swing backwards to horizontal, push away to dismount to stand.
Typical Deductions	Legs apart on lift 0.3 Momentary support not shown 0.3 Body not straight 0.1-0.5 Bent knees 0.1-0.5 Feet not pointed 0.1	Poor tuck-L position 0.1-0.5 Feet not pointed 0.1 Hold < 2 seconds 0.3 No hold 0.5	Momentary L-sit not shown 0.3 Legs not horizontal 0.1-0.5 Bent knees 0.1-0.5 Feet not pointed 0.1	Front Swings Bent knees 0.1-0.5 Bent hips 0.1-0.5 Back Swings Bent knees 0.1-0.5 Excessive arch 0.1-0.5	Excessive arch 0.1-0.5 Bent hips 0.1-0.5 Bent knees 0.1-0.5 Body below horizontal 0.1-0.5 Steps / uncontrolled landing 0.1-0.3 Fall 1.0
Momentary requires the gymnast to stop in the described position but not hold the position					

HORIZONTAL BAR – LEVEL 1

Item	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Skill Value	2.0	2.0	2.0	2.0	2.0
Required Skill	Tucked Chin-Up Hang (2 Sec)	L-Hang	Tension Swing	Long Swing	Dismount
					
Technical Description	From a still hang in top grip, chin-up and lift legs to tucked chin-up position (hold 2 seconds).	Lower slowly to tucked long hang, straighten legs to momentary L-hang.	Beat backwards into tension swing. (backwards, forwards, backwards)	Swing forwards and backwards x1.	Swing forwards and backwards to release and dismount to stand.
Typical Deductions	Legs apart in lift 0.3 Lack of rhythm 0.1-0.3 Swing action 0.1-0.5 Chin not bar height ☒ At bar height 0.1 ☒ Below bar height 0.3 ☒ Head below bar 0.5 Poor tuck shape 0.1-0.5 Hold < 2 seconds 0.3 No hold 0.5	Full hang not reached before L-hang 0.3 Momentary L-hang not shown 0.3 Bent knees 0.1-0.5 Bent arms 0.1-0.5 Closed shoulders 0.1-0.5 Legs not horizontal 0.1-0.5 Feet not pointed 0.1	Bent knees 0.1-0.5 Feet not pointed 0.1-0 Poor body tension 0.1-0.5	Front Swing Bent knees 0.1-0.5 Bent hips 0.1-0.5 Legs apart 0.1-0.5 Back Swing Bent knees 0.1-0.5 Poor dish shape 0.1-0.5 Legs apart 0.1-0.5 Weak tap action 0.1-0.3 Feet not pointed 0.1	Bent knees 0.1-0.5 Legs apart 0.1-0.5 Feet not pointed 0.1 Steps / uncontrolled landing 0.1-0.3 Fall 1.0
Momentary requires the gymnast to stop in the described position but not hold the position					