

Gymnastics Australia

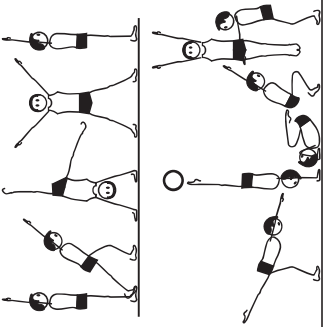
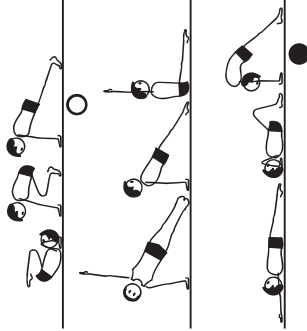
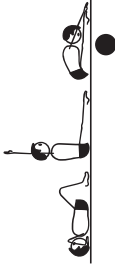
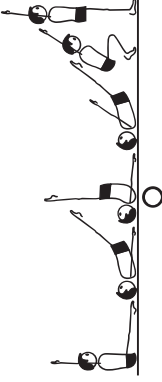
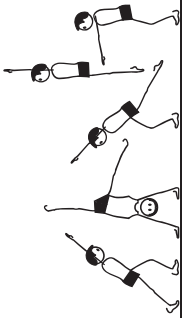
Men's Australian Levels Program

NATIONAL COMPETITION CURRICULUM

LEVEL 2



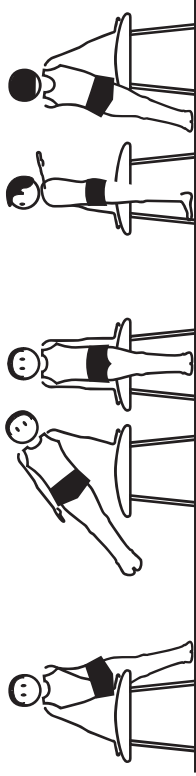

FLOOR EXERCISE – LEVEL 2

Item	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Skill Value	2.5	3.0	1.5	1.5	1.5
Required Skill	Cartwheel, Handstand Roll, Jump ½ Turn	Backward Roll, Rear Support, Bridge (2 Sec)	Pike Stretch (2 Sec)	Shoulder Stand	Cartwheel, Straight Jump
					
Technical Description	Stand inside the floor area, lift arms to a presentation position and begin the routine. Step forwards to cartwheel and finish sideways. ¼ turn outwards to face forward and lunge step to kick through to momentary handstand with forward roll out. Immediate jump ½ turn to stand.	Backward roll with straight arms to momentary front support. Turn to rear support and lower to seated L-sit. Lift arms above the head and lie down backwards. Bend arms and legs to push into bridge (hold 2 seconds).	Lower down and lift to seated L-sit with arms above the head. Reach forwards towards toes into pike stretch (hold 2 seconds).	Roll backwards to momentary shoulder stand with arms under the body on the floor. Roll forwards to stand.	Step forwards to cartwheel with ¼ turn inwards and straight jump to land.
Typical Deductions	Cartwheel off-line 0.1-0.5 Lack of rhythm 0.1-0.3 Bent hip in cartwheel 0.1-0.5 Handstand not shown 0.3 Poor shape in H/stand 0.1-0.5 Jump not dynamic 0.3	F/support not shown 0.3 Lack of rhythm 0.1-0.5 Bent knees 0.1-0.5 Bent arms 0.1-0.5 Shoulders not over hands 0.1-0.5 Hold < 2 seconds 0.3 No hold in bridge 0.5	Lack of flexibility 0.1-0.3 Bent knees 0.1-0.5 Hold < 2 seconds 0.3 No hold 0.5	Momentary shoulder stand not shown 0.3 Shoulder stand not vertical (1°-15°/16°-30°/>30°) 0.1-0.5 Lack of rhythm 0.1-0.5	Cartwheel off-line 0.1-0.5 Lack of rhythm 0.1-0.3 Bent hip in cartwheel 0.1-0.5 Jump not dynamic 0.3 Body not straight 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 2

This routine is performed on a Mushroom

Item	Skill 1	Skill 2
Skill Value	8.0	2.0
Required Skill	<p>½ Double Leg Circle to Rear Support, ½ counter turn to Front Support x 4</p>  <p style="text-align: center;">x4</p>	<p>Double Leg Circle to Front Support to Stand</p> 
Technical Description	<p>From a standing position, jump or swing into ½ double leg circle to finish in a rear support position. With control, counter turn on the spot to a front support position. Repeat x4*</p> <p>NB: This sequence requires the gymnast to maintain contact with the mushroom at all times with at least one hand.</p>	<p>From a standing position, jump or swing into double leg circle x1*. Push from support to stand behind the mushroom.</p>
Typical Deductions	<p>Lack of extension Bent knees 0.1-0.5 Bent arms 0.1-0.5 Bent hips 0.1-0.5 Legs apart 0.1-0.5 Feet not pointed 0.1 Angular deviation (skewing) 0.1-0.5 (per circle) Incomplete ½ double leg circle 0.3 Contact with mushroom not maintained 0.3 Counter turn the wrong direction 0.3 Lack of control 0.1-0.3</p>	<p>Lack of extension 0.1 (each element) Bent knees 0.1-0.5 Bent arms 0.1-0.5 Bent hips 0.1-0.5 Legs apart 0.1-0.5 Feet not pointed 0.1 Angular deviation (skewing) 0.1-0.5 (per circle) Stop without 2-handed support 0.3 Fall / Stop without control 1.0</p>

* No D-Jury deductions for additional circles; E-Jury deductions still apply

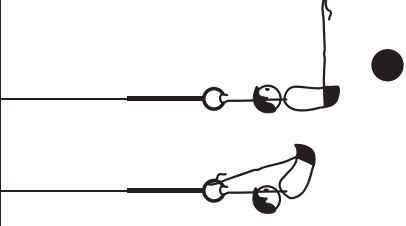
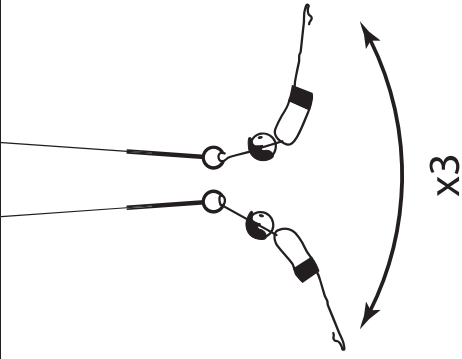
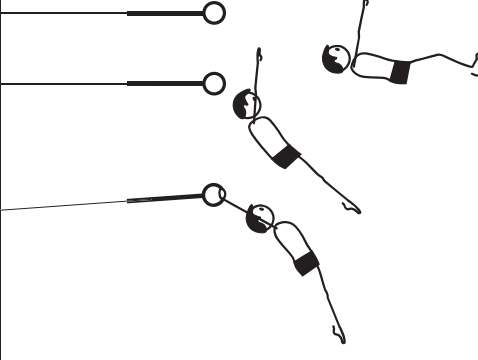
RINGS – LEVEL 2

(page 1/2)

Item	Skill 1	Skill 2	Skill 3	Skill 4
Skill Value	1.0	1.0	2.0	1.0
Required Skill	Chin-Up	Inverted Hang	Basket, Dorsal Hang (2 Sec)	Lift to Basket
Technical Description	From a still hang with straight arms, lift to chin-up position.	Tuck legs and roll backwards to inverted position. Immediately straighten legs and open hips to momentary inverted hang.	Lower through basket and slowly roll to dorsal hang (hold 2 seconds).	Lift with bent-body to basket.
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 Chin not ring height 0.1-0.5	Poor tuck position (min 90° bend at hips and knees) 0.1-0.5 Lack of rhythm 0.1-0.3 Momentary inverted hang not shown 0.3 Body not straight 0.1-0.5 Body not vertical 0.1-0.5 Feet not pointed 0.1	Lack of shoulder flexibility 0.1-0.5 Bent hips 0.1-0.5 Feet not pointed 0.1 Lack of rhythm 0.1-0.3 Hold < 2 seconds 0.3 No hold 0.5	Bent knees 0.1-0.5 Legs not horizontal 0.1-0.5 Lack of flexibility 0.1-0.3 Feet not pointed 0.1 Lack of rhythm 0.1-0.3
Momentary requires the gymnast to stop in the described position but not hold the position				

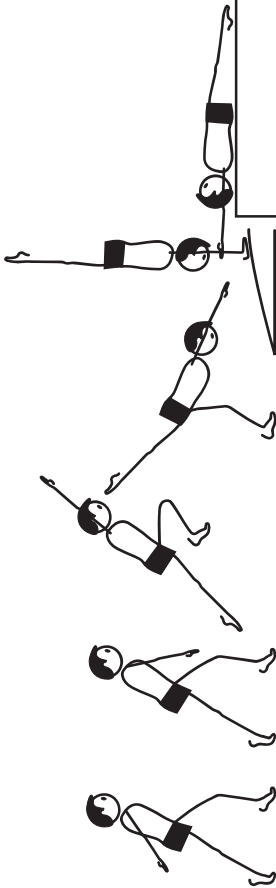
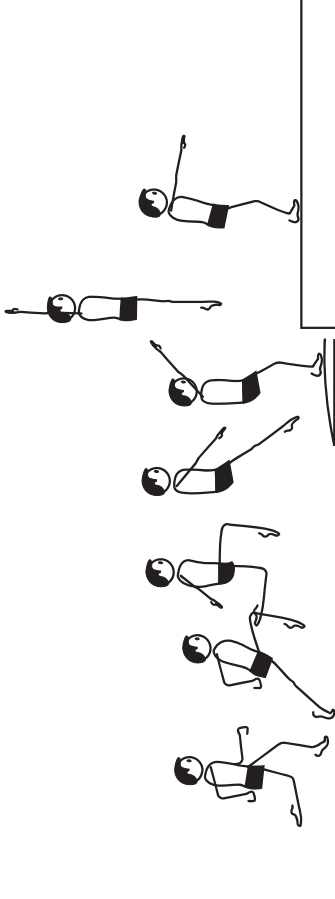
RINGS – LEVEL 2

Level 2 cont. (page 2/2)

Item	Skill 5	Skill 6	Skill 7
Skill Value	1.0	3.0	1.0
Required Skill	L-Hang (2 Sec)	Long Swing x3	Dismount
Technical Description	<p>From basket, lower slowly to L-hang (hold 2 seconds).</p> 	<p>Beat backwards into long swing backwards and forwards x3.</p> 	<p>On the 4th swing backwards, dismount to stand.</p> 
Typical Deductions	<ul style="list-style-type: none"> 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 Lack of rhythm 0.1-0.3 Feet not pointed 0.1 Hold < 2 seconds 0.3 No hold 0.5 	<ul style="list-style-type: none"> Front/Back Swings: 0.1-0.5 Hips < 45° (from lower vertical) 0.1-0.5 Bent knees 0.1-0.5 Bent hips 0.1-0.5 Feet apart 0.1-0.5 	<ul style="list-style-type: none"> Hips < 45° (from lower vertical) 0.1-0.5 Bent knees 0.1-0.5 Feet apart 0.1-0.5 Steps / uncontrolled landing 0.1-0.3 Fall 1.0

VAULT – LEVEL 2

Calculation of the 2-vault combined score is at the discretion of the event organisers

Item	Vault 1	Vault 2
Skill Value	10.0	10.0
Required Skill	Handstand Flat-Back	Stretched Jump
Technical Description	 <p>From a 3-4 step hurdle, kick to momentary handstand with hands on a springboard (from an underarm action). Fall to flat-back onto a 30cm landing mat.</p> <p>* 30cm Matting = 20cm landing mat + 1x 10cm OR 1x 30cm landing mat</p>	 <p>From a maximum 10m run, hurdle to a 2-footed take-off stretched jump, with arms above the head, to land on 30cm matting*.</p> <p>* 30cm Matting = 20cm landing mat + 1x 10cm OR 1x 30cm landing mat</p>
Typical Deductions	<ul style="list-style-type: none"> No under-arm action 0.3 Feet joining after vertical 0.1-0.5 Bent Knees (after leaving floor) 0.1-0.5 Bent hips 0.1-0.5 Arched back 0.1-0.5 Closed shoulders in handstand 0.1-0.5 Bent arms 0.1-0.5 Feet not pointed 0.1 	<ul style="list-style-type: none"> No under-arm swing on take-off 0.3 Feet not contacting board simultaneously 0.1-0.3 Feet not leaving board simultaneously 0.1-0.3 Lack of rhythm / no rebound action 0.1-0.3 Lack of height (feet below knees) 0.3 Body not straight / stretched 0.1-0.5 Bent knees 0.1-0.5 Legs apart 0.1-0.5 Feet not pointed 0.1 Step / uncontrolled landing 0.1-0.3 Fall 1.0

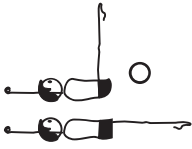
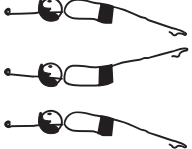

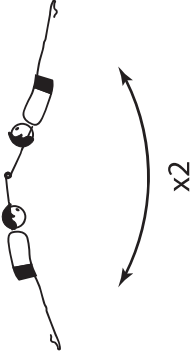
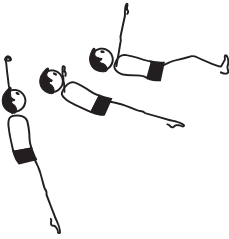
PARALLEL BARS – LEVEL 2

Parallel Bars should be set to the minimum height settings

Item	Skill 1	Skill 2	Skill 3	Skill 4
Skill Value	1.0	2.5	4.0	2.5
Required Skill	Support	L-Sit (2 Sec)	Support Swing x2	Side Dismount
Technical Description	From a still stand, jump OR coach lift to a momentary stationary support position.	Lift legs to L-sit (hold 2 seconds).	Push forwards and swing backwards to horizontal and forwards to horizontal x2.	On 3 rd swing backwards to horizontal, step one hand over to dismount over the side 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	Legs not horizontal 0.1-0.5 Bent knees 0.1-0.5 Feet not pointed 0.1 Hold < 2 seconds 0.3 No hold 0.5	Front Swings Bent knees 0.1-0.5 Bent hips 0.1-0.5 Below horizontal 0.1-0.5 Back Swings Bent knees 0.1-0.5 Excessive arch 0.1-0.5 Below horizontal 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 No hand step 0.3 Landing not parallel to bars 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 2

Item	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Skill Value	1.0	1.5	2.0	4.0	1.5
Required Skill	L-Hang	Tension Swing	Undershoot	Long Swing x2	Dismount
					
Technical Description	From a still hang in top grip, lift to momentary L-hang.	Beat backwards into tension swing. (backwards, forwards & backwards)	Lift upwards to undershoot forwards.	Swing backwards and forwards x2.	On 3 rd swing backwards, dismount to stand.
Typical Deductions	Legs apart in lift 0.3 Momentary L-hang not shown 0.3 Bent knees 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 Poor body tension 0.1-0.5	Bent knees 0.1-0.5 Bent arms 0.1-0.5 Feet < bar height 0.1-0.5 Feet not pointed 0.1	Front Swings Bent knees 0.1-0.5 Bent hips 0.1-0.5 < 45° below horizontal 0.1-0.5 Back Swings Bent knees 0.1-0.5 Poor dish shape 0.1-0.5 < 45° below horizontal 0.1-0.5 Weak tap action 0.1-0.3	Bent knees 0.1-0.5 Legs apart 0.1-0.5 Swing < 45° below horizontal 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