

Gymnastics Australia

Men's Australian Levels Program

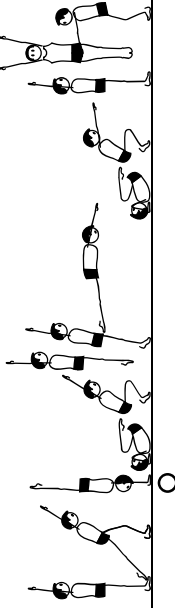
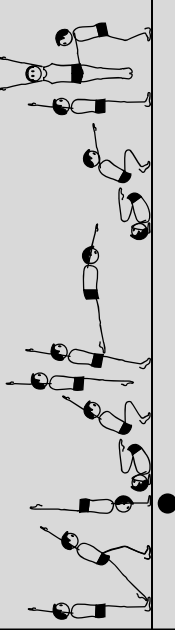
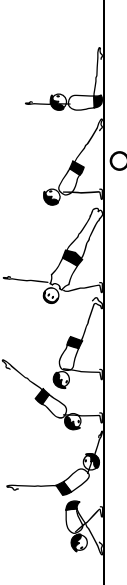
NATIONAL COMPETITION CURRICULUM

LEVEL 3



FLOOR EXERCISE – LEVEL 3

One BONUS skill (page 1/2)

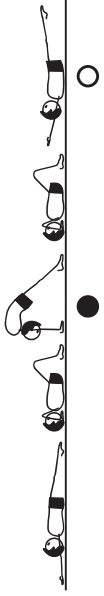
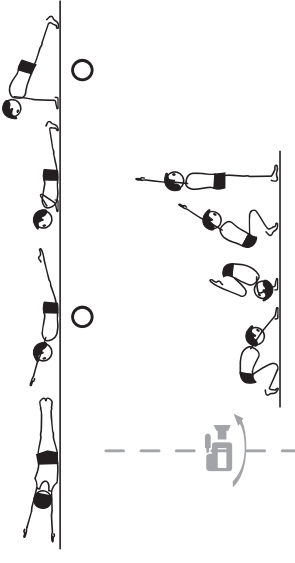
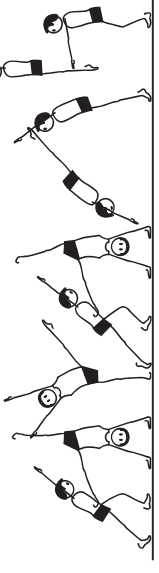
Item	Skill 1	Skill 1 – BONUS	Skill 2
Skill Value	2.5	+ 0.5	2.0
Required Skill	Handstand, Straight Jump, Punch Dive Roll, Jump ½ Turn	Handstand (2 Sec), Straight Jump, Punch Forward Roll, Jump ½ Turn	Backward Roll to Front Support, Rear Support
			
Technical Description	Stand inside the floor area, lift arms to a presentation position and begin the routine. Lunge step forwards and kick to momentary handstand with forward roll to stand and immediate straight jump to punch dive roll to stand. Straight jump with ½ turn to stand.	Stand inside the floor area, lift arms to a presentation position and begin the routine. Lunge step forwards and kick to handstand (hold 2 seconds) with rollout to stand and immediate straight jump to punch forward roll to stand. Straight jump with ½ turn to stand. <i>Bonus not paid if handstand not held for the full 2 seconds</i>	Backward roll with straight arms (through 45° above horizontal) to front support. ½ turn to momentary rear support and lower to seated L-sit with arms above the head.
Typical Deductions	Momentary handstand not shown 0.3 Poor shape in handstand 0.1-0.5 Lack of extension in forward roll 0.1-0.5 Lack of rhythm 0.1-0.3 Jump not dynamic 0.3 Lack of height in dive roll 0.1-0.3 Jump ½ turn not dynamic 0.3 Feet not pointed 0.1	Poor body shape in handstand 0.1-0.5 Lack of extension in forward roll 0.1-0.5 Lack of rhythm 0.1-0.3 Jump not dynamic 0.3 Lack of height in dive roll 0.1-0.3 Jump ½ turn not dynamic 0.3 Feet not pointed 0.1	Bent knees 0.1-0.5 Bent arms 0.1-0.5 Lack of rhythm 0.1-0.3 Bwd roll < 45° above horizontal (30°-16°/15°-0.1°/ < horizontal) 0.1-0.5 Momentary rear support not shown 0.3 Poor body shape in rear support 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

FLOOR EXERCISE – LEVEL 3

Level 3 cont. (page 2/2)

Item	Skill 3	Skill 4	Skill 5
Skill Value	1.5	2.0	2.0
Required Skill	Bridge (2 Sec), Dish	Arch, Front Support, Forward Roll	Cartwheel, Round-Off
Technical Description	<p>Lie down backwards, bend arms and legs to push into bridge (hold 2 seconds). Lower down and lift to momentary dish position.</p> 	<p>Roll sideways to momentary arch position and lie face down. Circle arms around and push up to momentary front support. Kneel down and forward roll to stand.</p> 	<p>Step forwards into cartwheel with ¼ outwards into immediate round-off with straight jump to stand.</p> 
Typical Deductions	<ul style="list-style-type: none"> Lack of rhythm 0.1-0.5 Bent knees 0.1-0.5 Bent arms 0.1-0.5 Shoulders not vertical over hands 0.1-0.5 Hold < 2 seconds 0.3 No hold 0.5 Momentary dish position not shown 0.3 Poor dish shape 0.1-0.5 	<ul style="list-style-type: none"> Momentary arch position not shown 0.3 Poor arch shape 0.1-0.5 Lack of rhythm 0.1-0.3 Body not straight in push to support 0.1-0.3 Momentary front support not shown 0.3 Poor body shape in front support 0.1-0.5 Lack of extension in forward roll 0.1-0.5 	<ul style="list-style-type: none"> Cartwheel round-off off-line 0.1-0.5 Lack of rhythm 0.1-0.5 Bent hips in cartwheel/round-off 0.1-0.5 Jump not dynamic 0.3 Steps / Uncontrolled landing 0.1-0.3 (each) Fall 1.0

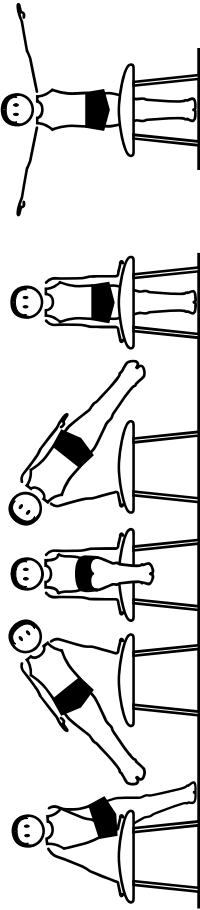
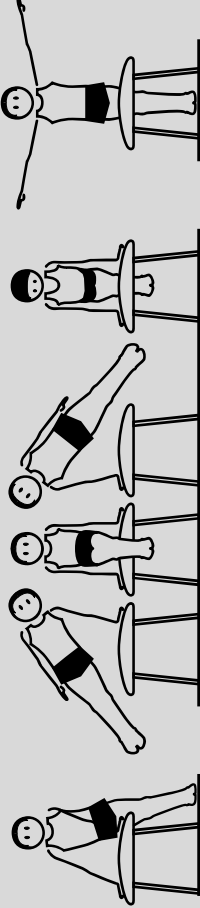
Momentary requires the gymnast to stop in the described position but not hold the position

*'Out of Floor Area' deductions for routines performed in a straight line do not apply at this level

POMMEL HORSE – LEVEL 3

One BONUS skill

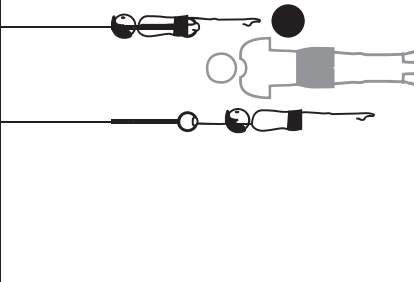

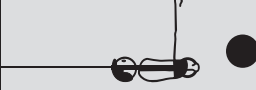
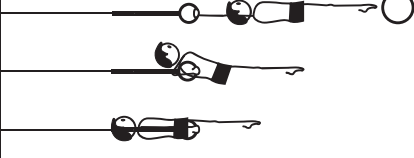
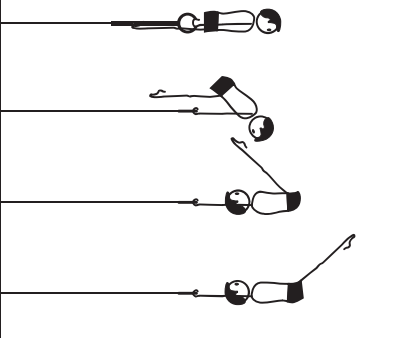
This routine is performed on a Mushroom

Item	Base Routine	BONUS Routine
Skill Value	10.0	+ 0.5
Required Skill	Double Leg Circle x10*	Consecutive Double Leg Circles x10*
Technical Description	 <p style="text-align: center;">x10</p> <p>From a standing position, jump or swing into double leg circle x10* (minimum). Dismount to stand at the back of final circle.</p> <p>NB: Circles may be performed either individually or in direct succession. Stopping after a circle is not deductible unless without two handed support or control.</p>	 <p style="text-align: center;">x10</p> <p>From a standing position, jump or swing into consecutive double leg circles x10* (minimum). Dismount to stand at the back of final circle.</p>
Typical Deductions	<p>Lack of extension 0.1 (each circle)</p> <p>Bent hips 0.1-0.5</p> <p>Bent knees 0.1-0.5</p> <p>Legs apart 0.1-0.5</p> <p>Feet not pointed 0.1</p> <p>Angular deviation (skewing) 0.1-0.5 (each circle)</p> <p>Stop / dismount without 2-handed support 0.3</p> <p>Fall / stop without control 0.5</p>	<p>Lack of extension 0.1 (each circle)</p> <p>Bent hips 0.1-0.5</p> <p>Bent knees 0.1-0.5</p> <p>Legs apart 0.1-0.5</p> <p>Feet not pointed 0.1</p> <p>Angular deviation (skewing) 0.1-0.5 (each circle)</p> <p>Dismount without 2-handed support 0.3</p> <p>Fall / stop without control 0.5</p>

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

RINGS – LEVEL 3

One BONUS skill (page 1/2)

Item	Skill 1	Skill 2	Skill 2 – BONUS	Skill 3	Skill 4
Skill Value	1.0	1.0	+ 0.5	1.5	1.0
Required Skill	Support (2 Sec)	Tucked Support (2 Sec)	L-Sit (2 Sec)	Lower to Hang	Inverted Hang
					
Technical Description	From a still hang with straight arms, coach lifts gymnast through muscle-up action to support (hold 2 seconds).	Bend and lift legs to tucked support (hold 2 seconds).	Lift legs to L-sit (hold 2 seconds).	Lower legs to support and slowly lower through a muscle-up (negative muscle-up) to momentary hang.	Lift with straight-arms and bent-body to inverted hang.
Typical Deductions	<p><i>NB: Judging commences from support</i></p> Bent arms in support 0.1-0.5 Rings not straight 0.1-0.5 Arms touching cables 0.3 Hold < 2 seconds 0.3 No hold 0.5 Lift to hang with legs apart deduction still applies. 0.3	Bent arms in support 0.1-0.5 Rings not straight 0.1-0.5 Arms touching cables 0.3 Poor tuck position (min 90° bend at hips and knees) 0.1 Feet not pointed 0.1 Hold < 2 seconds 0.3 No hold 0.5	Bent arms in support 0.1-0.5 Rings not straight 0.1-0.5 Arms touching cables 0.3 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	Lack of rhythm 0.1-0.3 Bent hips 0.1-0.5 Momentary hang not shown 0.3 Bent arms in hang 0.1-0.5	Bent knees 0.1-0.5 Bent arms 0.1-0.5 Body not straight in inverted hang 0.1-0.5 Body < vertical (1°-15°/16°-30°/>30°) 0.1-0.5

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

RINGS – LEVEL 3

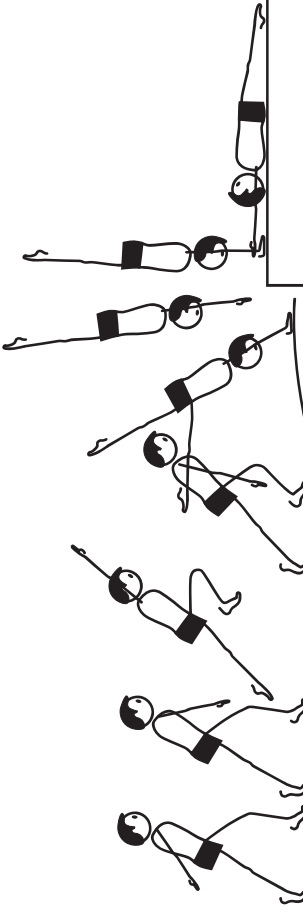
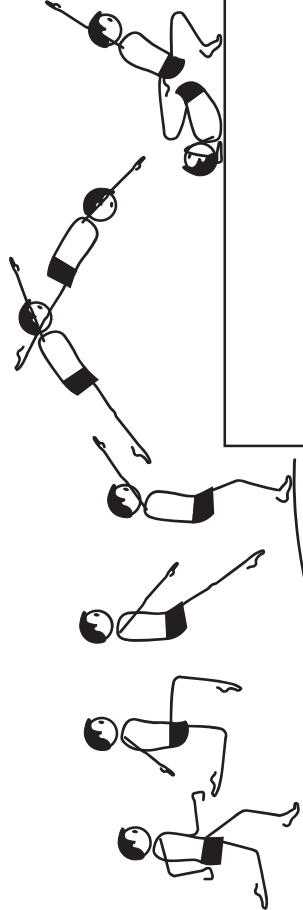
Level 3 cont. (page 2/2)

Item	Skill 5	Skill 6	Skill 7	Skill 8
Skill Value	1.0	1.0	2.0	1.5
Required Skill	Dorsal Hang (2 Sec)	Basket	Long Swing x2	Dismount
Technical Description	Slowly lower through basket to dorsal hang (hold 2 seconds).	Lift with bent-body to momentary basket position.	Immediate cast into long swing backwards to horizontal (hips to shoulder height) and forwards to horizontal x2.	On the 3 rd swing backwards, dismount to stand.
Typical Deductions	Lake of shoulder flexibility 0.1-0.5 Bent hips 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	Lack of rhythm 0.1-0.3 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 Momentary basket position not shown 0.3	Front/Back Swings: Hips below shoulders (1°-15°/16°-30°/>30°) 0.1-0.5 Bent knees 0.1-0.5 Bent hips 0.1-0.5 Feet apart 0.1-0.5	Bent knees 0.1-0.5 Legs apart 0.1-0.5 Hips below shoulders (1°-15°/16°-30°/>30°) 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 3

No BONUS Vault

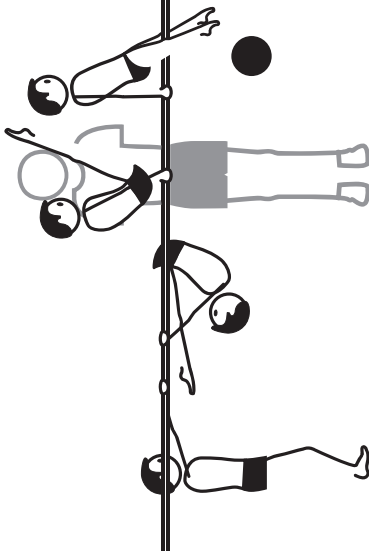
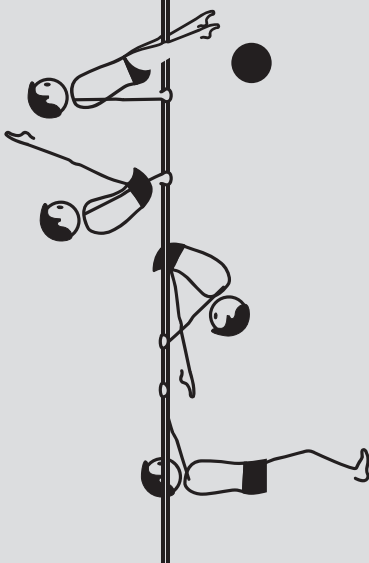
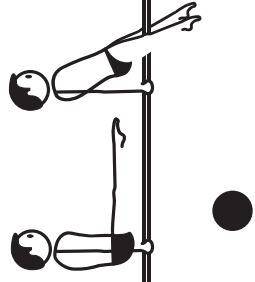
Calculation of the 2-vault combined score is at the discretion of the event organisers

Item	Vault 1	Vault 2
Skill Value	10.0	10.0
Required Skill	Handstand Pop	Dive Roll
Technical Description	 <p>From a maximum 10m run, hurdle and kick to handstand (from an underarm action) with immediate pop from springboard to handstand on 30cm matting. Fall and land in flat-back.</p> <p>* 30cm Matting = 20cm competition landing mat + 1x 10cm landing mat OR 1x 30cm landing mat</p>	 <p>From a maximum 10m run, hurdle to a 2-footed take-off and dive roll onto 60cm matting*.</p> <p>* 60cm Matting = 20cm landing mat + 1x 10cm & 1x 30cm landing mats OR 2x 30cm landing mats</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 Lack of rhythm (in rebound) 0.1-0.3 No rebound from hands 0.5 	<ul style="list-style-type: none"> No under-arm swing on take-off 0.3 Poor body shape (slight arch is ideal) 0.1-0.5 Lack of height (at peak of flight) <ul style="list-style-type: none"> • at or below head height 0.1 • at or below shoulder height 0.3 • at or below chest height 0.5 • at or below hip height 1.0 Bent knees 0.1-0.5 Feet not pointed 0.1 Steps / uncontrolled landing 0.1-0.3 Fall 1.0

PARALLEL BARS – LEVEL 3

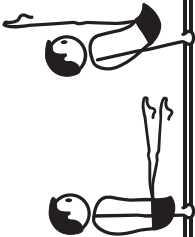
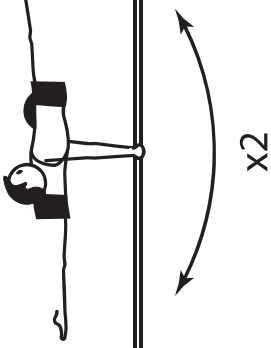
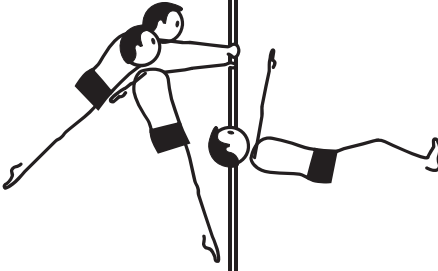
One BONUS skill (page 1/2)

Parallel Bars should be set to the minimum height settings

Item	Skill 1	Skill 1 – BONUS	Skill 2
Skill Value	3.0	+ 0.5	1.5
Required Skill	Basket Kip (Coach Assisted) to Straddle Sit (2 Sec)	Basket Kip (unassisted) to Straddle Sit (2 Sec)	L-Sit (2sec), Straddle Sit
Technical Description	 <p>From a skill stand, jump into immediate drop kip with coach assistance to straddle L-sit (hold 2 seconds).</p>	 <p>From a skill stand, jump into immediate drop kip to straddle sit (hold 2 seconds).</p>	 <p>L-sit legs off the bars to L-Sit (hold 2 seconds). Open legs to rest on bars in straddle sit.</p>
Typical Deductions	<ul style="list-style-type: none"> Bent knees 0.1-0.5 Bent arms 0.1-0.5 Hips dropping below bars in support 0.1-0.5 Feet not pointed 0.1 Hold < 2 seconds 0.3 No hold 0.5 Bent hips in straddle sit 0.1-0.5 	<ul style="list-style-type: none"> Bent knees 0.1-0.5 Bent arms 0.1-0.5 Hips dropping below bars in support 0.1-0.5 Feet not pointed 0.1 Hold < 2 seconds 0.3 No hold 0.5 Bent hips in straddle sit 0.1-0.5 	<ul style="list-style-type: none"> Bent knees 0.3 Legs not horizontal 0.1-0.5 Feet not pointed 0.1 Hold < 2 seconds 0.3 No hold 0.5 Bent hips in straddle sit 0.1-0.5

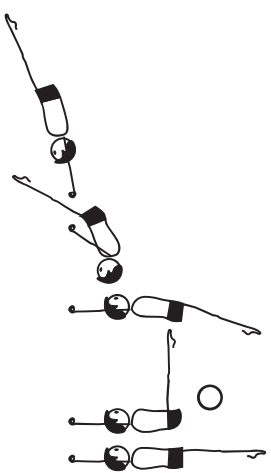
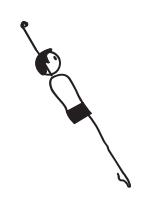
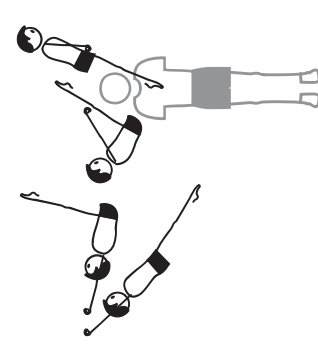
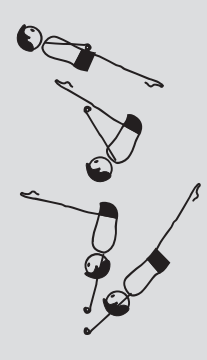
PARALLEL BARS – LEVEL 3

Level 3 cont. (page 2/2)

Item	Skill 3	Skill 4	Skill 5
Skill Value	1.5	2.0	2.0
Required Skill	Lift towards V-Sit	Support Swing x 2	Side Dismount
			
Technical Description	From straddle sit lift legs, with straight knees, towards V-sit.	Push hips forwards to swing backwards to horizontal and forwards to horizontal x2.	On 3 rd swing backwards to 45° above horizontal, step one hand over to dismount over the side to stand.
Typical Deductions	Beating / Bouncing legs of the bars 0.3 Legs < 45° above horizontal (44° -30°/29° -15° / < 15°) 0.1-0.5 Bent knees 0.1-0.5 Feet not pointed 0.1	Bent knees 0.1-0.5 Bent hips 0.1-0.5 Below horizontal 0.1-0.5 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 not 45° above horizontal (44° -30°/29° -15° / < 15°) 0.1-0.5 No hand step 0.3 Landing not parallel to the bars 0.1-0.5 Steps / uncontrolled landing 0.1-0.3 Fall 1.0

HORIZONTAL BAR – LEVEL 3


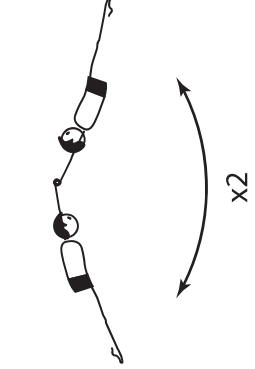
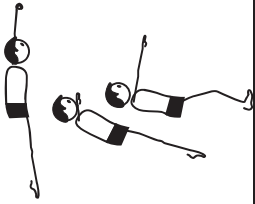
One BONUS skill (page 1/2)

Item	Skill 1	Skill 2	Skill 3	Skill 3 – BONUS
Skill Value	2.0	1.0	2.0	+ 0.5
Required Skill	L-Hang, Tension Swing, Undershoot	Swing Backwards	Kip (Coach Assisted)	Kip
Technical Description	 <p>From a still hang in top grip, lift legs to momentary L-hang, beat backwards and undershoot forwards.</p>	 <p>Swing backwards to 30° below horizontal.</p>	 <p>Glide forwards into kip to support with coach assistance.</p>	 <p>Glide forwards into kip to support.</p>
Typical Deductions	<ul style="list-style-type: none"> 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 Poor body tension 0.1-0.5 Feet < bar height in undershoot 0.1-0.5 Feet not pointed 0.1 	<ul style="list-style-type: none"> Bent knees 0.1-0.5 Poor dish shape 0.1-0.5 Hips < 30° below horizontal (31° -45°/46-60° /> 60°) 0.1-0.5 Feet not pointed 0.1 	<ul style="list-style-type: none"> Bent knees 0.1-0.5 Bent arms 0.1-0.5 Feet not pointed 0.1 	<ul style="list-style-type: none"> Bent knees 0.1-0.5 Bent arms 0.1-0.5 Feet not pointed 0.1

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

HORIZONTAL BAR – LEVEL 3

Level 3 cont. (page 2/2)

Item	Skill 4	Skill 5	Skill 6
Skill Value	2.0	2.0	1.0
Required Skill	Cast, Straddled Undershoot	Long Swing x2	Dismount
Technical Description	 <p>Cast to horizontal and straddle legs, placing feet on the bar, and straddled undershoot forwards.</p>	 <p>Swing backwards to 30° below horizontal and forwards to 30° below horizontal x2.</p>	 <p>On 3rd swing backwards to horizontal, dismount to stand.</p>
Typical Deductions	<p>Cast < horizontal (1°-15°/16°-30°/> 30°) 0.1-0.5</p> <p>Bent knees 0.1-0.5</p> <p>Lack of rhythm 0.1-0.3</p> <p>Hips not bar height in undershoot (1°-15°/16°-30°/> 30°) 0.1-0.5</p>	<p>Bent knees 0.1-0.5</p> <p>Bent hips 0.1-0.5</p> <p>Hips < 30° below horizontal (31°-45°/46°-60°/> 60°) 0.1-0.5</p> <p>Back Swings</p> <p>Bent knees 0.1-0.5</p> <p>Bent hips 0.1-0.5</p> <p>Hips < 30° below horizontal (31°-45°/46°-60°/> 60°) 0.1-0.5</p> <p>Weak tap action 0.1-0.3</p>	<p>Hips < bar height (1°-15°/16°-30°/> 30°) 0.1-0.5</p> <p>Legs apart 0.1-0.5</p> <p>Bent knees 0.1-0.5</p> <p>Steps / uncontrolled landing 0.1-0.3</p> <p>Fall 1.0</p>