



Gymnastics Australia
Men's Australian Levels Program
NATIONAL COMPETITION CURRICULUM
LEVEL 4

FLOOR EXERCISE – LEVEL 4

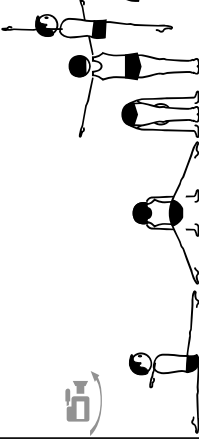
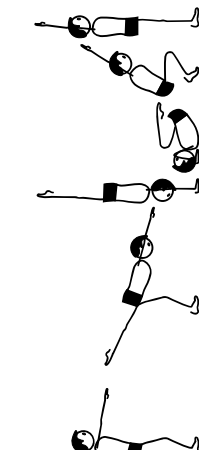
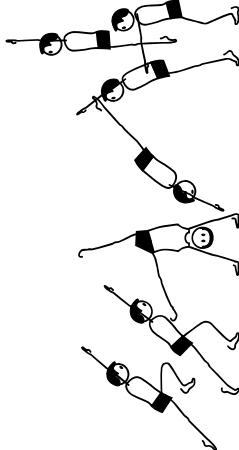
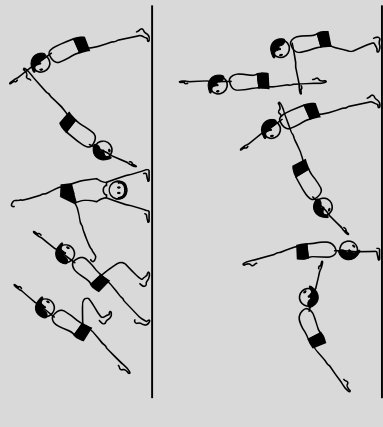
One BONUS skill (page 1/2) Routine should be completed in approx. 50 seconds

Item	Skill 1	Skill 2	Skill 3	Skill 4
Skill Value	1.0	2.5	1.0	1.5
Required Skill	Scale (2 Sec)	Handspring, Straight Jump, Forward Roll, Headspring, Prone	½ Circle, Rear Support	V-Sit, Rear Support, Front Support
Technical Description	Stand inside the floor area, lift arms to a presentation position and begin the routine. Lunge step forwards and raise back leg into scale at horizontal (hold 2 seconds). Lower leg to stand.	From a short run, handspring with immediate rebound to straight jump and forward roll to handspring. Fall to prone position with one leg raised.	Step to the side and perform a ½ circle to momentary rear support. Lower to seated L-sit.	Press off the floor and lift legs upwards towards V-sit. Push forwards into momentary rear support. ½ turn to momentary front support. NB: Lift towards V-sit can come from the floor or L-sit
Typical Deductions	Bent knees 0.1-0.5 Back leg < 15° above horizontal ☒ 14° - horizontal 0.1 ☒ 1° - 15° below horizontal 0.3 ☒ < 15° below horizontal 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 shape in handspring 0.1-0.5 No rebound 0.3 Body not stretched in roll 0.1-0.5 Poor body shape in handspring 0.1-0.5 Lack of rhythm 0.1-0.3 Raised leg < vertical in prone (1°-15°/16°-30° / > 30°) 0.1-0.5	Bent knees 0.1-0.3 Momentary rear support not shown 0.3 Poor body shape in rear support 0.1-0.5 Lack of rhythm 0.1-0.3	Non-press action towards V-sit 0.3 Bent knees 0.1-0.5 Bent arms 0.1-0.5 Legs > 30° from vertical (31°-45°/46°-60° / > 60°) 0.1-0.5 Momentary rear/front support not shown (each time) 0.3 Poor body shape in rear support 0.1-0.5 Poor body shape in front 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 4

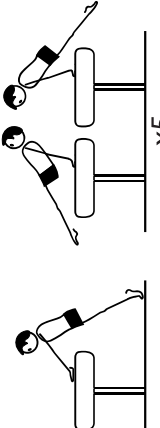
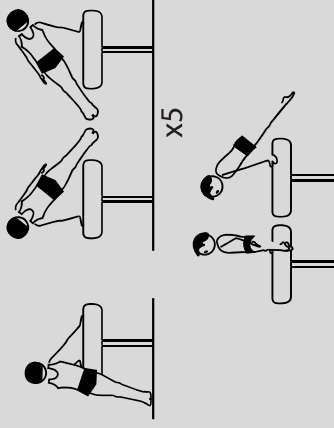
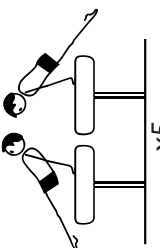
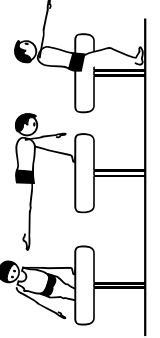
Level 4 cont. (page 2/2)

Item	Skill 5	Skill 6	Skill 7	Skill 7 – BONUS
Skill Value	2.0	1.0	1.0	+ 0.5
Required Skill	Splits (2 Sec), Press to Stand	Handstand (2 Sec)	Round-Off, Straight Jump	Round-Off, Back Flip, Straight Jump
				
Technical Description	Swing one leg around to front splits (hold 2 seconds). Press with straight arms to stand. Jump with ½ turn to face down the diagonal.	Step forwards and kick to handstand (hold 2 seconds) with forward roll to stand.	From a power take-off, hurdle round-off with straight jump to stand.	From a power take-off, hurdle round-off, back handspring with straight jump to stand.
Typical Deductions	Lack of flexibility 0.1-0.3 Hold < 2 seconds 0.3 No hold 0.5 Bent knees 0.1-0.5 Bent arms 0.1-0.5 Lack of rhythm in press 0.1-0.3 Jump not dynamic 0.3	Poor body shape in handstand 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 Lack of extension into roll 0.1-0.5	Hurdle not stretched 0.1-0.3 Round-off off-line 0.1-0.5 Lack of rhythm 0.1-0.3 Bent hips in round-off 0.1-0.5 Poor body form in flip 0.1-0.5 Jump not dynamic 0.3 Additional steps before hurdle 0.1 ea Steps/uncontrolled landing 0.1-0.3 Fall 1.0	Hurdle not stretched 0.1-0.3 Round-off off-line 0.1-0.5 Lack of rhythm 0.1-0.3 Bent hips in round-off 0.1-0.5 Poor body form in flip 0.1-0.5 Jump not dynamic 0.3 Additional steps before hurdle 0.1 ea Steps/uncontrolled landing 0.1-0.3 Fall 1.0
<p>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</p>				

POMMEL HORSE – LEVEL 4

One BONUS skill

This routine is performed on a Buck

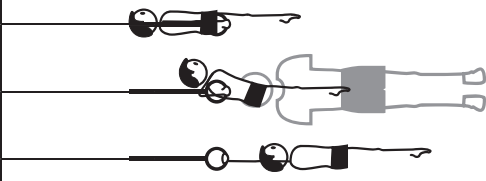

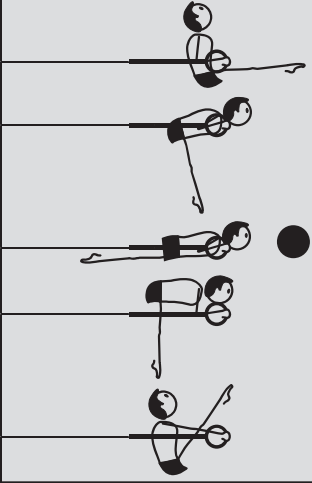
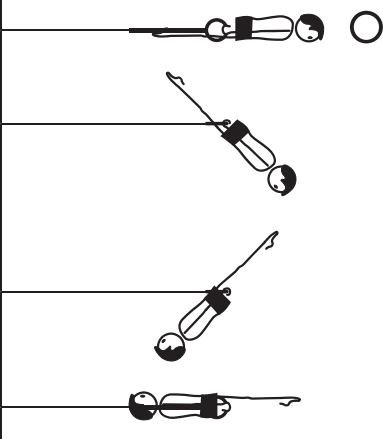
Item	Skill 1	Skill 1 - BONUS	Skill 2	Skill 3
Skill Value	4.5	+ 0.5	4.5	1.0
Required Skill	Loop x5*	DLC x5*, ¼ Turn Backwards	Loop x5*	Wende Dismount
Technical Description	 <p>From a standing position jump or swing into cross support circle x5 (minimum). Continue onto skill 2 without stopping. NB: The maximum deduction for a fall or stop is 0.5.</p>	 <p>From a standing position jump or swing into side support circle x5 (minimum). ¼ turn backwards to front support in cross support. Continue onto skill 2 without stopping.</p>	 <p>Cross support circle x5 (minimum). NB: The maximum deduction for a fall or stop is 0.5.</p>	 <p>Wende dismount at or above horizontal to stand.</p>
Typical Deductions	Lack of extension (per circle) 0.1 Hip breaks 0.1-0.3 Bent knees 0.1-0.5 Legs apart 0.1-0.5 Angular deviation (skewing) (per circle) 0.1-0.5 Feet not pointed 0.1 Fall / stop 0.5	Lack of extension (per circle) 0.1 Hip breaks 0.1-0.3 Bent knees 0.1-0.5 Legs apart 0.1-0.5 Angular deviation (skewing) (per circle) 0.1-0.5 Incomplete turn 0.1-0.5 Incorrect hand placement in turn 0.1-0.3 Feet not pointed 0.1 Fall / stop 0.5	Lack of extension (per circle) 0.1 Hip breaks 0.1-0.3 Bent knees 0.1-0.5 Legs apart 0.1-0.5 Angular deviation (skewing) (per circle) 0.1-0.5 Feet not pointed 0.1 Fall / stop 0.5	Bent hips 0.1-0.3 Bent knees 0.1-0.5 Legs apart 0.1-0.5 Feet not pointed 0.1 Dismount not horizontal or > (feet at or above the shoulders) 0.3

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

**Each missing cross support / side support circle will result in a deduction of 0.8 from the D-Score.

RINGS – LEVEL 4

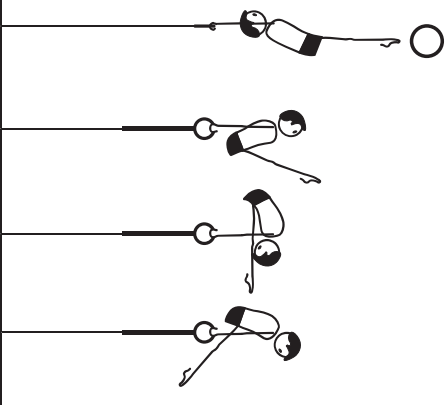
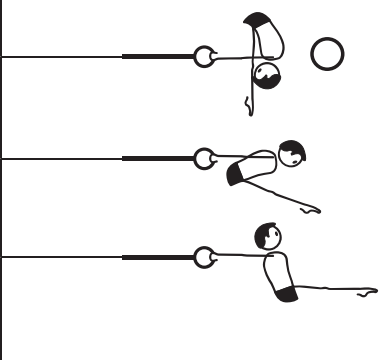
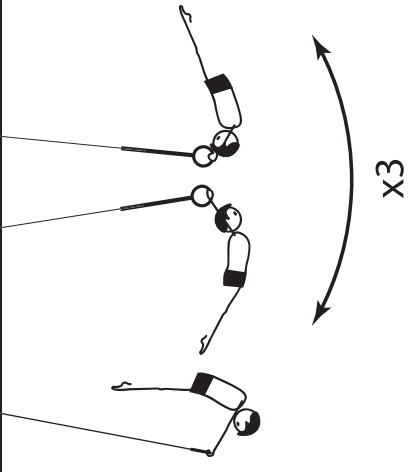
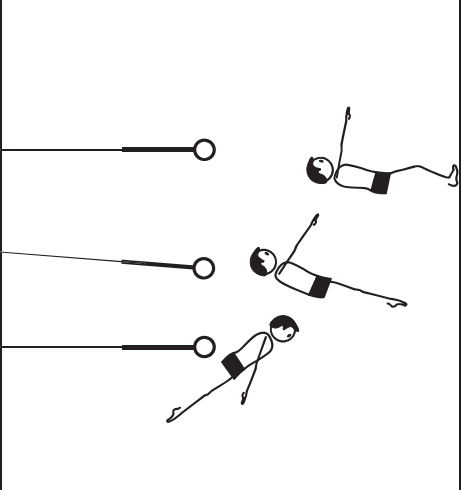
One BONUS skill (page 1/2)

Item	Skill 1	Skill 2 – BONUS	Skill 3 – Bonus Skill	Skill 4
Skill Value	1.5	1.0	+ 0.5	1.0
Required Skill	Muscle-Up (Coach Assisted)	L-Sit (2sec)	Press to Bent-Arm Handstand (2 Sec)	Roll to Inverted Hang
Technical Description	 <p>From a still hang with straight arms, muscle-up to support with coach assistance.</p>	 <p>Lift to L-sit (hold 2 seconds).</p>	 <p>Bent-arm/bent-body press to shoulder stand (hold 2 seconds).</p>	 <p>Push through support and roll backwards slowly with control to momentary inverted hang.</p>
Typical Deductions	Legs apart in lift 0.3 Bent arms in hang 0.1-0.5 Bent hips 0.1-0.5 Lack of rhythm 0.1-0.3 Swing action 0.1-0.5 Arms bent in support 0.1-0.5	Bent knees 0.1-0.5 Bent arms 0.1-0.5 Rings not straight 0.1-0.5 Arms touching cables 0.3 Legs not horizontal 0.1-0.5 Feet not pointed 0.1 Hold < 2 seconds 0.3 No hold 0.5	Arms touching cables 0.3 Lack of rhythm 0.1-0.3 Body > 15° from vertical (16°-30°/31°-45°/>45°) 0.1-0.5 Body not straight 0.3 Hold < 2 seconds 0.5 No hold 1.0 Fall from shoulder stand 1.0	Lack of control / rhythm 0.1-0.3 Bent knees 0.1-0.5 Momentary inverted hang not shown 0.3

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

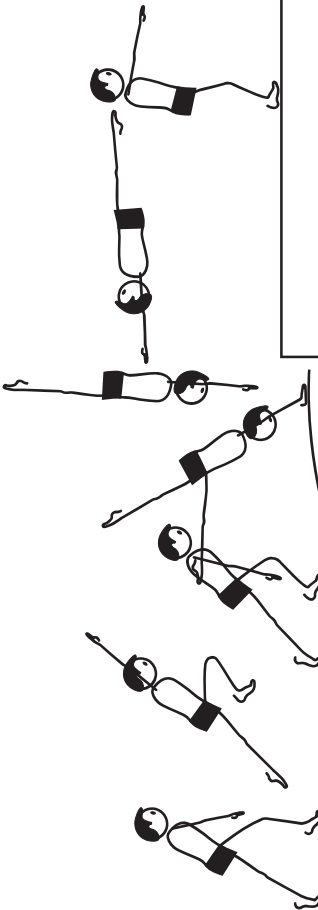
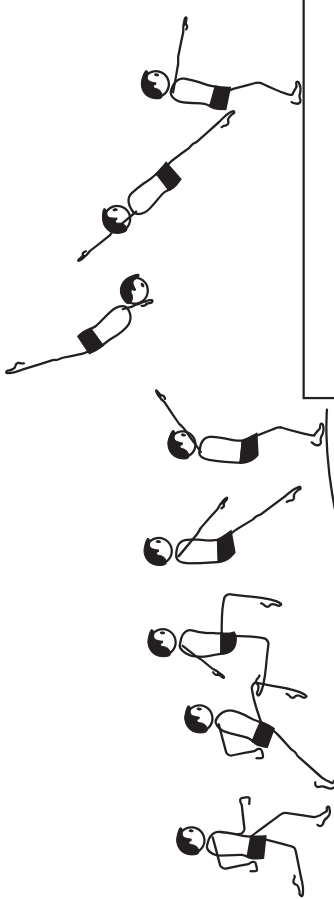
RINGS – LEVEL 4

Level 4 cont. (page 2/2)

Item	Skill 5	Skill 6	Skill 7	Skill 8
Skill Value	1.0	0.5	3.0	2.0
Required Skill	Dorsal Hang	Basket	Long Swing x3	Salto Backwards Stretched Dismount
Technical Description	<p>Slowly lower through basket to momentary dorsal hang.</p> 	<p>Lift with bent-body to momentary basket position.</p> 	<p>Cast into swing backwards to horizontal (hips to shoulder height) and swing forwards to horizontal x3.</p> 	<p>On the 3rd swing forwards, swing through to salto backwards stretched dismount to stand.</p> 
Typical Deductions	<p>Momentary dorsal hang not shown 0.3 Lack of shoulder flexibility 0.1-0.5 Bent hips 0.1-0.5 Feet not pointed 0.1</p>	<p>Momentary basket position not shown 0.3 Bent knees 0.1-0.5 Legs not horizontal 0.1-0.5 Lack of flexibility 0.1-0.5 Feet not pointed 0.1</p>	<p>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</p> <p>Rings not turned out on backward swing 0.1-0.3</p>	<p>Lack of height (hips < ring height) 0.1-0.3 Poor body position 0.1-0.5 Steps / uncontrolled landing 0.1-0.3 Fall 1.0</p>

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

VAULT – LEVEL 4

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	Handspring	Salto Forwards Stretched	
			
Technical Description	<p>From a maximum 25m run, hurdle and handspring (from an underarm action) from hands on springboard* to land on 30cm matting* .</p> <p>* 30cm Matting = 20cm landing mat + 1x 10cm landing mat OR 1x 30cm landing mat</p>	<p>From a maximum 25m run, hurdle to a 2-footed take-off and salto forwards stretched to land on 30cm matting* .</p> <p>* 30cm Matting = 20cm landing matting + 1x 10cm landing mat OR 1x 30cm landing mat</p>	
Typical Deductions	<p>No under-arm action Feet joining after vertical Bent Knees (after leaving floor) Bent hips Arched back Closed shoulders in handstand Bent arms Feet not pointed Lack of rhythm (in rebound) No rebound from hands</p>	<p>No under-arm swing on take-off Poor body shape (slight arch is ideal) Lack of height (at peak of flight) <ul style="list-style-type: none"> • at or below head height • at or below shoulder height • at or below chest height • at or below hip height Bent knees Feet not pointed Steps / uncontrolled landing Fall</p>	<p>0.3 0.1-0.5 0.1-0.5 0.1 0.3 0.5 1.0 0.1-0.5 0.1 0.1-0.3 1.0</p>

PARALLEL BARS – LEVEL 4

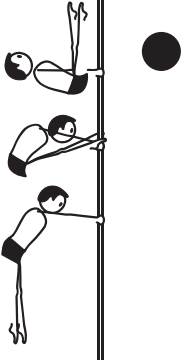

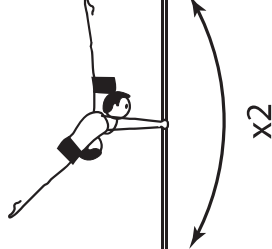
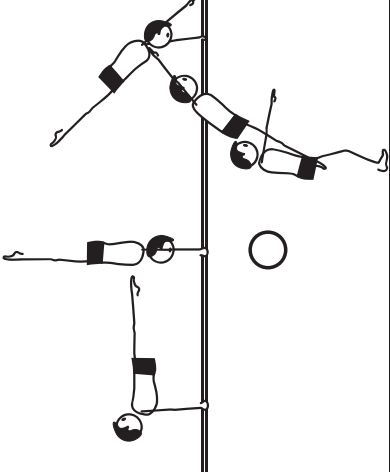
One BONUS skill (page 1/2)

Minimum height of Parallel Bars should be set at 150cm from competition matting

Item	Skill 1	Skill 2	Skill 2 - Bonus
Skill Value	2.0	2.0	+ 0.5
Required Skill	Long Swing x2	Glide Kip to Straddle Support, Swing Backwards	Glide Kip, Swing Backwards
Technical Description	<p>From a short run (maximum x3 steps), jump to hang, and swing forwards and backwards x2.</p> <p><i>NB: no deduction for bent knees through the bottom of the swing</i></p>	<p>Glide swing forwards with kip to straddle sit. Lift legs towards V-sit and swing backwards through support.</p>	<p>Glide swing forwards with kip to support and swing backwards through support.</p>
Typical Deductions	<p>Feet < bar height on front swing Hips < bar height on back swing Excessive pike</p>	<p>Bent knees Bent arms Beating / Bouncing off the bars Legs < vertical in lift (1°-15°/16°-30°/> 30°) Feet not pointed Hips bent through lower vertical of support (early pike)</p>	<p>Bent knees Bent arms Feet not pointed Hips bent through lower vertical of support swing (early pike)</p>

PARALLEL BARS – LEVEL 4

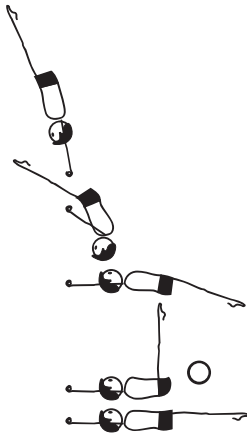

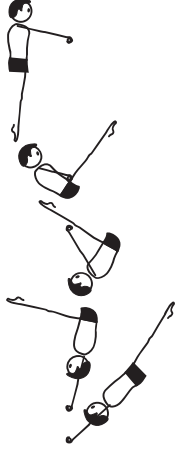
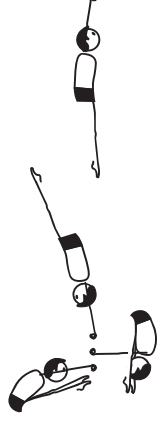
Level 4 cont. (page 2/2)

Item	Skill 3	Skill 4	Skill 5	Skill 6
Skill Value	1.0	1.0	2.0	2.0
Required Skill	Lower to Straddle L-Sit (2 sec)	Press Backwards	Support Swing x2	Swing to Handstand, Side Dismount
Technical Description	 <p>Straddle legs and lower down to straddle L-sit (hold 2 seconds).</p>	 <p>Press backwards through to support above horizontal.</p>	 <p>Swing forwards to horizontal and backwards to 45° above horizontal, x2.</p>	 <p>Swing forwards to horizontal and backwards to momentary handstand. Step one hand over and dismount to stand.</p>
Typical Deductions	Bent knees 0.1-0.5 Bent arms 0.1-0.5 Legs not horizontal 0.1-0.5 Feet not pointed 0.1 Hold < 2 seconds 0.3 No hold 0.5	Bent knees 0.1-0.5 Bent arms 0.1-0.5 Feet not pointed 0.1 Legs < horizontal 0.1-0.5 (1°-15°/16°-30° / > 30°)	Front Swings 0.1-0.5 Bent hips 0.1-0.5 Body < horizontal 0.1-0.5 Back Swings 0.1-0.5 Excessive arch 0.1-0.5 Body < vertical (< 15°/16°-30° / > 30°) 0.1-0.5	Momentary handstand not shown 0.3 Front Swings 0.1-0.5 Bent hips 0.1-0.5 Body < horizontal 0.1-0.5 Back Swings 0.1-0.5 Excessive arch 0.1-0.5 Body < vertical (< 15°/16°-30° / > 30°) 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 4

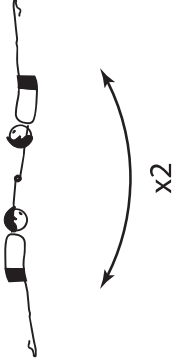
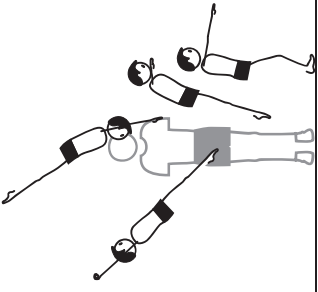
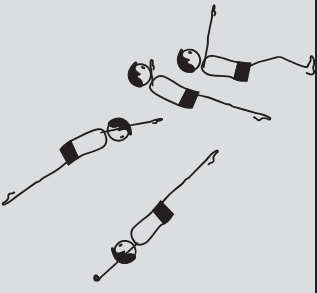
One BONUS skill (page 1/2)

Item	Skill 1	Skill 2	Skill 3	Skill 4
Skill Value	1.5	0.5	1.5	2.5
Required Skill	L-Hang, Tension Swing, Undershoot	Swing backwards	Kip, Cast	Stalder Undershoot, Swing Backwards
				
Technical Description	From a still hang in top grip, lift legs to momentary L-hang, beat backwards and undershoot forwards.	Swing backwards to horizontal.	Glide forwards into kip to support with immediate cast to horizontal.	Straddle legs and stalder action (no feet on the bar) into undershoot forwards and swing backwards to horizontal.
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 Poor body tension 0.1-0.5 Hips < bar height 0.1-0.5 Feet not pointed 0.1	Bent knees 0.1-0.5 Poor dish shape 0.1-0.5 Hips < horizontal (1°-15°/16°-30°/> 30°) 0.1-0.5 Feet not pointed 0.1	Bent knees 0.1-0.5 Pause in support 0.3 Cast < horizontal (< 15°/16°-30°/ > 30°) 0.1-0.5 Additional cast (each time) 0.3 Stop in support 0.5	Feet on bar 0.5 Bent knees 0.1-0.5 Hips < bar height in undershoot 0.3 Back Swing Poor dish shape 0.1-0.5 Hips < bar height (1°-15°/16°-30°/> 30°) 0.1-0.5

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

HORIZONTAL BAR – LEVEL 4

Level 4 cont. (page 2/2)

Item	Skill 5	Skill 6	Skill 6 – BONUS
Skill Value	2.0	2.0	+ 0.5
Required Skill	Long Swing x2	Salto Backwards Stretched Dismount (Coach Assisted)	Salto Backwards Stretched Dismount
Technical Description	 <p>Swing forwards to bar height and backwards to bar height x2.</p>	 <p>Swing forwards into salto backwards stretched dismount to stand with coach assistance.</p>	 <p>Swing forwards into salto backwards stretched dismount to stand.</p>
Typical Deductions	<p>Front Swings</p> <ul style="list-style-type: none"> Bent hips 0.1-0.5 Hips < bar height 0.1-0.5 (1°-15°/16°-30°/> 30°) <p>Back Swings</p> <ul style="list-style-type: none"> Poor dish shape 0.1-0.5 Hips < bar height 0.1-0.5 (1°-15°/16°-30°/> 30°) 	<p>Lack of height (hips below bar) 0.1-0.5</p> <p>Poor body position 0.1-0.5</p> <p>Feet not pointed 0.1</p> <p>Steps / uncontrolled landing 0.1-0.3</p> <p>Fall 1.0</p>	<p>Lack of height (hips below bar) 0.1-0.5</p> <p>Poor body position 0.1-0.5</p> <p>Feet not pointed 0.1</p> <p>Steps / uncontrolled landing 0.1-0.3</p> <p>Fall 1.0</p>