



Gymnastics
Australia

Men's Artistic Gymnastics

Australian Levels Program

2022–2025



Gymnastics Australia
Men's Australian Levels Program
NATIONAL COMPETITION CURRICULUM
LEVEL 2

FLOOR EXERCISE – LEVEL 2

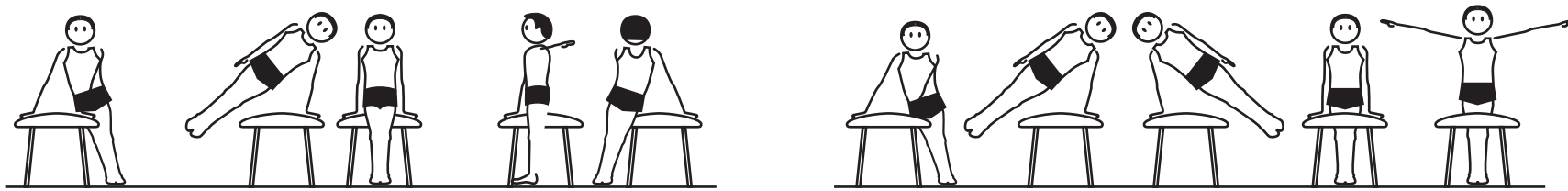
Item	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Skill Value	2.5	3.0	1.5	1.5	1.5
Required Skill	Cartwheel, Handstand Roll, Jump ½ Turn	Backward Roll, Rear Support, Bridge (2 Sec)	Pike Stretch (2 Sec)	Shoulder Stand	Cartwheel, Straight Jump
Technical Description	Stand inside the floor area, lift arms to a 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	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

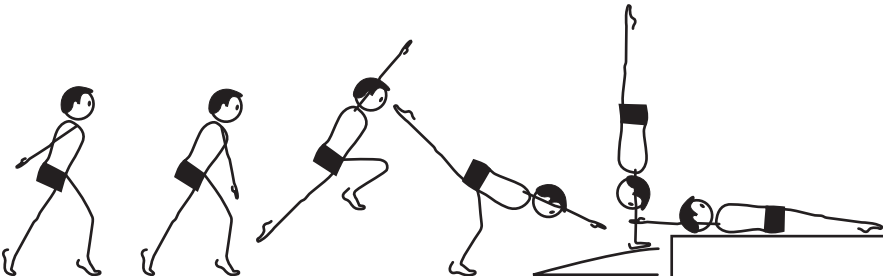
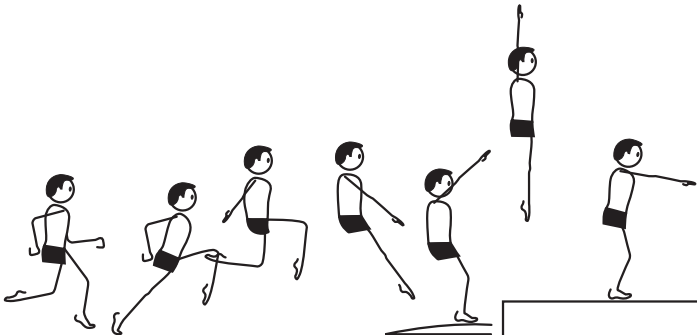
This routine is performed on a Mushroom

Item	Skill 1	Skill 2																																								
Skill Value	8.0	2.0																																								
Required Skill	½ Double Leg Circle to Rear Support, ½ counter turn to Front Support x 4	Double Leg Circle to Front Support to Stand																																								
	 <p style="text-align: center;">x4</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	<table border="0"> <tr><td>Lack of extension</td><td style="text-align: right;">0.1 (each element)</td></tr> <tr><td>Bent knees</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Bent arms</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Bent hips</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Legs apart</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Feet not pointed</td><td style="text-align: right;">0.1</td></tr> <tr><td>Angular deviation (skewing)</td><td style="text-align: right;">0.1-0.5 (per circle)</td></tr> <tr><td>Incomplete ½ double leg circle</td><td style="text-align: right;">0.3</td></tr> <tr><td>Contact with mushroom not maintained</td><td style="text-align: right;">0.3</td></tr> <tr><td>Counter turn the wrong direction</td><td style="text-align: right;">0.3</td></tr> <tr><td>Lack of control</td><td style="text-align: right;">0.1-0.3</td></tr> </table>	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)	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	<table border="0"> <tr><td>Lack of extension</td><td style="text-align: right;">0.1 (each element)</td></tr> <tr><td>Bent knees</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Bent arms</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Bent hips</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Legs apart</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Feet not pointed</td><td style="text-align: right;">0.1</td></tr> <tr><td>Angular deviation (skewing)</td><td style="text-align: right;">0.1-0.5 (per circle)</td></tr> <tr><td>Stop without 2-handed support</td><td style="text-align: right;">0.3</td></tr> <tr><td>Fall / Stop without control</td><td style="text-align: right;">1.0</td></tr> </table>	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
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* No D-Jury deductions for additional circles; E-Jury deductions still apply

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	<table style="width: 100%; border-collapse: collapse;"> <tr><td>No under-arm action</td><td style="text-align: right;">0.3</td></tr> <tr><td>Feet joining after vertical</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Bent Knees (after leaving floor)</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Bent hips</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Arched back</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Closed shoulders in handstand</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Bent arms</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Feet not pointed</td><td style="text-align: right;">0.1</td></tr> </table>	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	<table style="width: 100%; border-collapse: collapse;"> <tr><td>No under-arm swing on take-off</td><td style="text-align: right;">0.3</td></tr> <tr><td>Feet not contacting board simultaneously</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>Feet not leaving board simultaneously</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>Lack of rhythm / no rebound action</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>Lack of height (feet below knees)</td><td style="text-align: right;">0.3</td></tr> <tr><td>Body not straight / stretched</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Bent knees</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Legs apart</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Feet not pointed</td><td style="text-align: right;">0.1</td></tr> <tr><td>Step / uncontrolled landing</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>Fall</td><td style="text-align: right;">1.0</td></tr> </table>	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
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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	<table style="width: 100%; border-collapse: collapse;"> <tr><td>Legs apart on lift</td><td style="text-align: right;">0.3</td></tr> <tr><td>Momentary support not shown</td><td style="text-align: right;">0.3</td></tr> <tr><td>Body not straight</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Bent knees</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Feet not pointed</td><td style="text-align: right;">0.1</td></tr> </table>	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	<table style="width: 100%; border-collapse: collapse;"> <tr><td>Legs not horizontal</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Bent knees</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Feet not pointed</td><td style="text-align: right;">0.1</td></tr> <tr><td>Hold < 2 seconds</td><td style="text-align: right;">0.3</td></tr> <tr><td>No hold</td><td style="text-align: right;">0.5</td></tr> </table>	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	<table style="width: 100%; border-collapse: collapse;"> <tr><td colspan="2" style="text-align: center;">Front Swings</td></tr> <tr><td>Bent knees</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Bent hips</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Below horizontal</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td colspan="2" style="text-align: center;">Back Swings</td></tr> <tr><td>Bent knees</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Excessive arch</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Below horizontal</td><td style="text-align: right;">0.1-0.5</td></tr> </table>	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	<table style="width: 100%; border-collapse: collapse;"> <tr><td>Excessive arch</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Bent hips</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Bent knees</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Body below horizontal</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>No hand step</td><td style="text-align: right;">0.3</td></tr> <tr><td>Landing not parallel to bars</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Steps / uncontrolled landing</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>Fall</td><td style="text-align: right;">1.0</td></tr> </table>	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
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