



Gymnastics
Australia

Women's Artistic Gymnastics

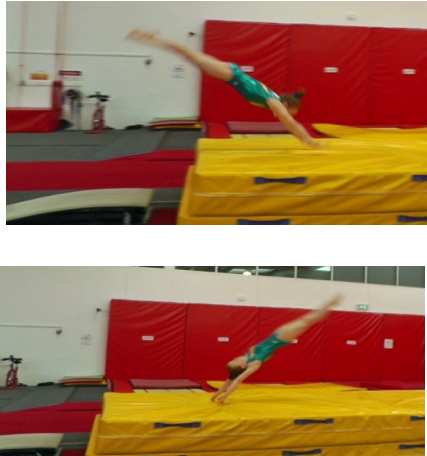
Australian Levels Program




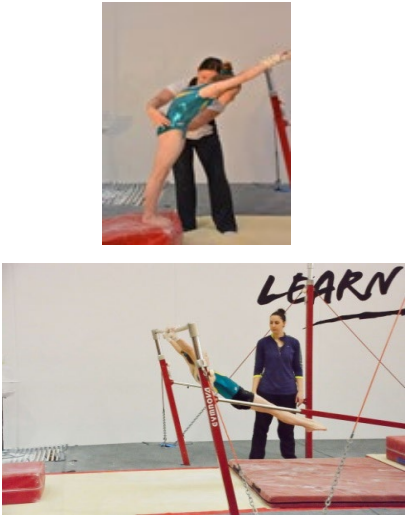


Version 3.2 | Released in 2022

Compulsory Levels Level 3 Vault




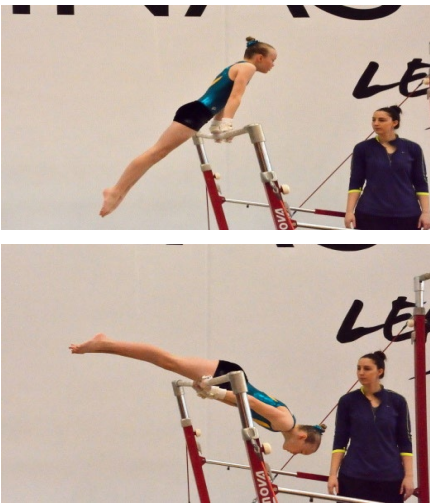
The gymnast may perform the vault twice with the higher score to count.

Element	Value	Images	Technical Description
Run, handspring to flat back landing onto 60cm or 90cm mats.	10.0		<p>The run should be smooth on approach to the board, standing tall with a quick cadence and fast reaction off the floor.</p> <p>The hurdle to the board should be flat joining the feet together at the top of the board.</p> <p>The objective is to perform a maximum repulsion from the hands, while maintaining an open shoulder angle, and straight body position.</p> <p>After the repulsion, return to the mats maintaining the straight body position and the open shoulder angle.</p> <p>During the 'flight' to back phase, the body is to remain straight with the shoulder angle completely open.</p> <p>All body parts should contact the mats at the same time.</p>


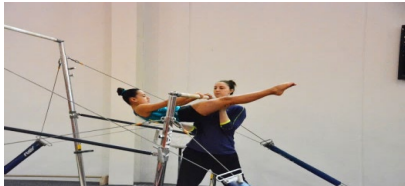




Compulsory Levels Level 3 Uneven Bars

Element	Value	Images	Technical Description
From dish hold, glide swing 	1.0		From a dish hold, execute a glide swing. Glide performed from a jump incurs 0.3 deduction. Maintain a tight body throughout the swing. Straddle glide is permitted.
Pullover to front support 	1.0		Pullover the bar to front support, arms straight. Tight body shape throughout. In front support - chest remains in with hips open / extended, arms straight.
<i>The gymnast is permitted to use a board or box to mount. The height of the box / board must be such that the gymnast's shoulders are at or below low bar height.</i>			


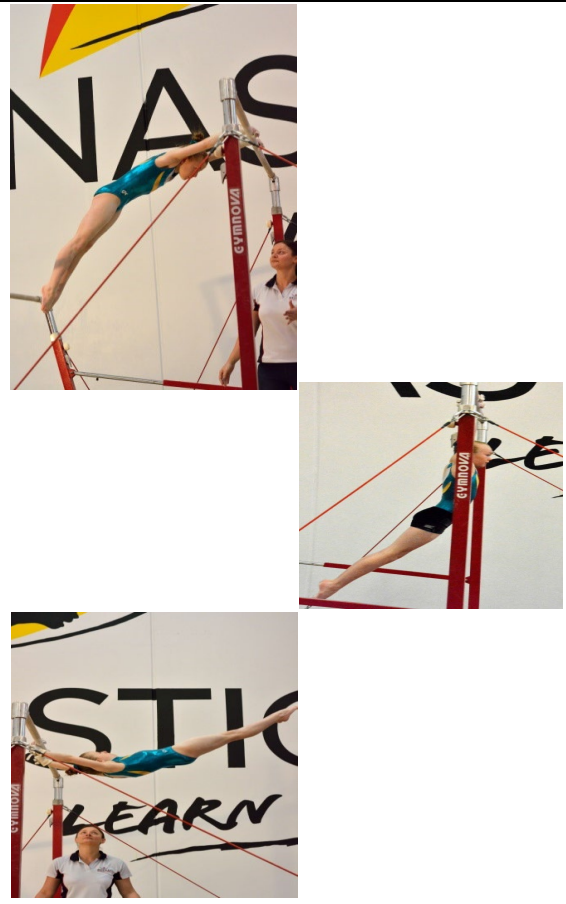
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Element	Value	Images	Technical Description
Cast to horizontal 	1.0		The legs move forwards into a cast to lift hips off the bar to horizontal, with a tight, straight body. A dish shape must be shown clearly on the cast with the chest / upper back. The hips must be straight / open, with no back arch. Arms straight and body tight.
Back hip circle 	1.0		After the cast hips return to bar, immediately execute a back hip circle. A dish body shape must be maintained during the circle with the chest / upper back. The hips must be straight / open. Arms straight and body tight.

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Element	Value	Images	Technical Description
Underswing dismount from hips 	1.0		From the completion of the back hip circle, continue circling the bar in backwards direction, until inverted (part way through a second circle). The body swings away from the bar into an immediate underswing.
OR feet (toe shoot) 		  	Body should lift to as close to horizontal as possible. Release at the peak of the swing forwards to land on floor with flexion at ankle, knee and hip, to land with control.


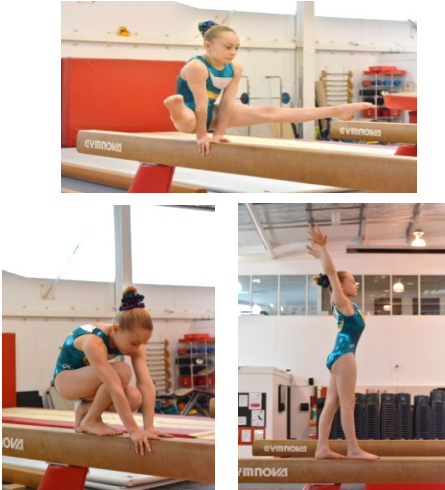
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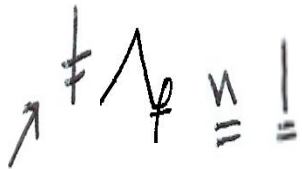
Element	Value	Images	Technical Description
<p data-bbox="136 288 454 454">Jump from a box to grasp high bar OR from a <i>kick start</i> , 3 long hang swings, then release the bar at back of the 3rd swing</p> 	<p data-bbox="454 288 551 359">1.0 x 3</p>		<p data-bbox="1115 288 2083 359">Standing on a box with feet together, grasp the high bar and take off into the 1st swing OR execute a kick start.</p> <p data-bbox="1115 359 2083 550">The gymnast commences in a hollow body position on the top of the back swing. This position must show shoulders open, chest in and head neutral. This strong position must be maintained throughout the entire swing, particularly during the tap action.</p> <p data-bbox="1115 550 2083 678">On the downswing (in the 2nd quadrant / around 45°), extension of the hips occur (a tap) in preparation for a strong kick (hip flexion) through the bottom of the swing. This tap action is generated through the hips, not by bending the knees.</p> <p data-bbox="1115 678 2083 821">Once the body passes the vertical line of the bar into the swing forward, the gymnast then kicks their legs upwards into a hollow shape. The toes should be leading this upswing. At the top (approx. horizontal) of this front swing, the body should be in a hollow position, with the toes being the highest point.</p> <p data-bbox="1115 821 2083 997">On the backswing, the hollow body shape must be maintained. The gymnast must show rising shoulders and hips, but with the body in a rounded hollow shape with the lower legs and feet pointing downwards at all times. For the safety of the gymnast; and to prevent unintended release of the bar on the back swing; the feet are <u>not</u> to point backwards over the low bar.</p> <p data-bbox="1115 997 2083 1125">Perform the 2nd and 3rd swings in the same manner as the 1st, building in height. Release the bar at the back of the 3rd swing. Judging ceases once gymnast has released the bar. After releasing the bar, the coach may assist gymnast to land.</p> <p data-bbox="1115 1125 2083 1195">The legs may straddle on the descent of the swing, but need to be together on the backswing. If straddle is performed, 0.3 deduction each time.</p>

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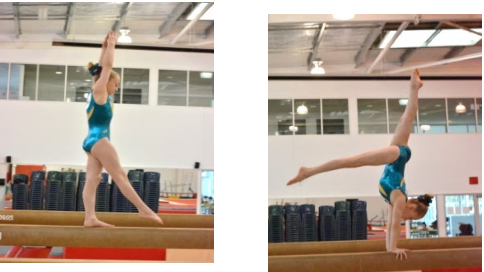
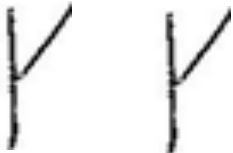

Compulsory Levels Level 3 Beam

Element	Value	Images	Technical Description
Jump to front support, lift leg over to straddle sit, lift to mark clear straddle position, return back to straddle sit on beam, swing legs back to squat, to stand	0.5		<p>Arms and legs are straight.</p> <p>Lift to a clear straddle position, with the legs straight at horizontal. Mark this position (does not need to be held for 2 secs).</p> <p>Lower to straddle sit on the beam with extended hips.</p> <p>Swing with straight legs backwards before tucking feet onto beam to stand. If the gymnast swings back immediately from straddle lever position, there is no deduction.</p>
	0.5		<p>Stand upright with both feet flat on the beam.</p>



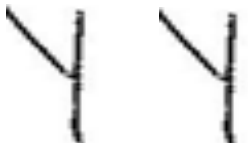



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Element	Value	Images	Technical Description
<p>Forward entry kick to 'L' handstand, finish in lunge or step in</p> 	1.0		<p>Stand on one leg, with the other leg pointed in front, arms vertical, palms turned out.</p> <p>Place hands on beam with thumbs on top. Kick one leg to vertical, and second leg to horizontal or higher.</p> <p>There should be momentary support on the hands.</p> <p>Finish in lunge or step in, arm position optional.</p>
<p>2 x forwards kicks</p> 	0.5 x 2		<p>Start standing on one leg, with the other leg pointed forwards.</p> <p>Step forward transferring the weight from the back leg to the front leg, followed by kicking the free leg through forwards to complete a forward kick.</p> <p>Arms pressed back sideways throughout with body vertical.</p> <p>Support leg remains straight.</p> <p>Repeat to kick on the other leg.</p>

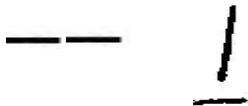

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Element	Value	Images	Technical Description
2 x backwards kicks 	0.5 x 2		Following the 2nd forward kick, step forward and complete a backward kick. Repeat back kick on other leg. Arms remain pressed back sideways throughout OR lift to 5th in backward kick and return to pressed back sideways between each kick.
2 x straight jumps in series 	1.0 x 2		Start with feet flat and together with optional arm position. Arms lift to vertical during the straight jumps. Arms will swing down and up between each jump. The jumps should be dynamic with body vertical. Land both jumps in a plié position, optional arm position.




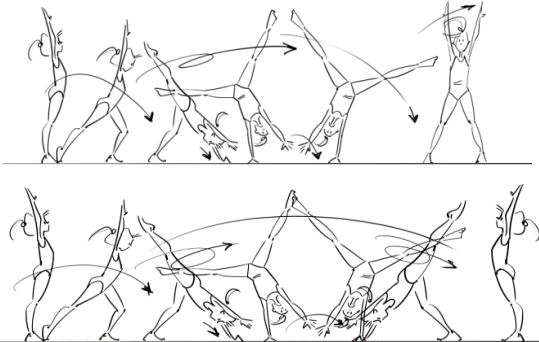

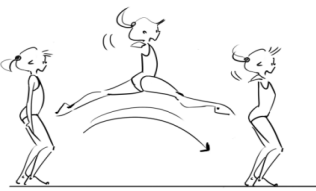
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Element	Value	Images	Technical Description
<p>2-3 steps, punch jump dismount from end of beam.</p> 	1.0		<p>2-3 steps, punch straight jump off the end of the beam to a controlled landing.</p> <p>Arms lift to vertical at take off.</p> <p>The jump off the beam should be dynamic, with minimal knee bend. Body should be vertical and straight during the jump.</p> <p>Landing in plié with feet together, arms in forward horizontal.</p> <p>Landing surface must be no less than 60cm below the beam.</p>

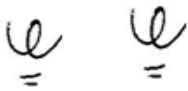



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Compulsory Levels Level 3 Floor

Element	Value	Images	Technical Description
<p>½ turn on 1 foot, ½ turn on 2 feet</p> 	0.5 x 2		<p>The arms will start in a high 3rd position (see Appendices for description of position).</p> <p>Standing in a 4th position lunge.</p> <p>The forward arm moves to a 2nd position at the start of the turn, lifting into 5th during the turn. Arms remain in 5th during the 2nd turn with feet in 5th position.</p> <p>1/2 turn on 1 foot - free leg must be held in strong passe position.</p> <p>Both turns must be on a high relevé.</p>
<p>Forward entry cartwheel, cartwheel 1/4 turn to step in</p> 	1.0 x 2		<p>The cartwheel will commence with the arms vertical, palms turned out, standing on one leg, with the other leg pointed in front.</p> <p>The second cartwheel finishes in a 'step in' with feet together, arm position optional.</p>
<p>Split jump (135°)</p> 	1.0		<p>Stand feet together arms optional, jump upwards, split legs to show minimum 135° split.</p> <p>During the split jump arms must be pressed back sideways with body vertical.</p> <p>Land the split jump with feet together, arm position optional.</p>


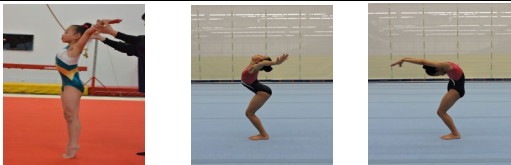


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Element	Value	Images	Technical Description
Backward roll x 2 	1.0 x 2		<p>Standing with legs together, squat down & commence backward roll. If don't commence from squat, 0.3 deduction.</p> <p>Hands should not touch the floor during the squat. If hands touch floor, deduct 0.1/0.3 only if there is lack of balance as well.</p> <p>Hands should be turned slightly inwards in the support phase with the gymnast in a tight tuck position.</p> <p>The roll will finish in a neat squat position.</p> <p>There is no deduction if a small kick out action is performed during each roll. The emphasis is on rotation.</p>
Bridge kickover 	1.0		<p>Lying on back, placing hands next to shoulders and with feet as close to the bottom as possible, push up into a bridge.</p> <p>Once in bridge position, shoulders push to be above hands in the bridge, with straight arms and legs.</p> <p>In preparation for kick over, feet may "step" towards hands.</p> <p>Kick over through a split handstand with the body vertical & 135° split.</p> <p>Finish in lunge or step in, with optional arms.</p> <p>Kick over must be attempted for element to be considered as "performed". If no kickover attempted, 1.0 deduction from Start Score.</p>






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Element	Value	Images	Technical Description
Forward contraction 	0.5		Starting with feet together, perform an upper body reverse wave into an upper thoracic contraction. Head tilts backwards and then moves down, in-between the arms. Hips are tucked under and tummy tucked in flat.
Handstand forward roll 	1.0		The handstand will commence with the arms vertical, palms turned out, standing on 1 leg, with the other leg pointed in front. As the body passes vertical, and commences moving into the roll, the hips and shoulders remain open momentarily, pushing away from the ground. Once in this candle stick position, begin tucking through the later part of the roll. Pass through squat position to stand with legs together. No deduction if stand up with straight legs.

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Element	Value	Images	Technical Description
<p><u>Leap lead up drill - one on each leg</u></p> <p>Vertical hop with leg at forward horizontal, land then leap onto other leg x 2</p> 	0.5 x 2	  	<p>Start in 2nd position, feet together on releve. Step and hop, swinging/lifting free leg to horizontal. Land through demi-plie onto same leg as take off leg. Arms swing forward to straight above head in 5th position during hop. On landing, arms pressed back sideways.</p>
	0.5 x 2		<p>Leap forward onto free leg landing in demi-plie, free leg behind in low arabesque. Arms remain pressed back sideways.</p>
			<p>Run with 2 steps to repeat on other leg. No deduction if directly connected.</p>
			<p>If hop/leap is performed on the same leg twice, 0.3 deduction.</p>