



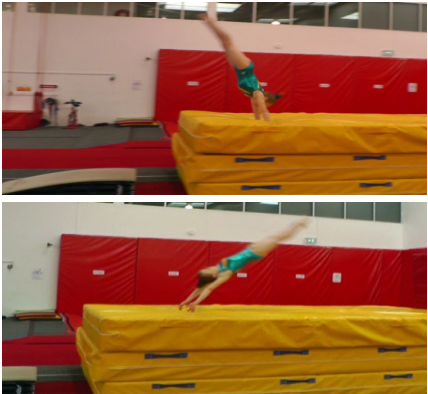
**Gymnastics**  
Australia

Women's Artistic Gymnastics

# Australian Levels Program

## Compulsory Levels Level 4 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 90cm or 110cm 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 mat, while maintaining an open shoulder angle, and straight body position.</p> <p>After the repulsion, land onto 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>

# Australian Women's Levels Program




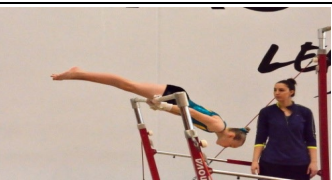


## Compulsory Levels Level 4 Uneven Bars

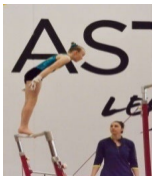


Element	Value	Images	Technical Description
Glide swings x2 (may straddle legs) 	0.5 & 0.5		From a dish hold or jump, execute a glide swing. Maintain a tight body throughout the swing. Straddle glide is permitted.
Pull over to front support 	1.0		Pull over the bar to front support with arms straight. Tight body shape throughout. In front support - chest remains in with hips open / extended, arms straight.

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Element	Value	Images	Technical Description
Cast to horizontal x 2 	1.0 & 1.0		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.

# Australian Women's Levels Program

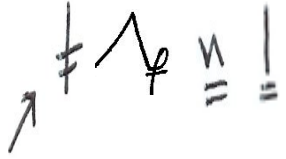
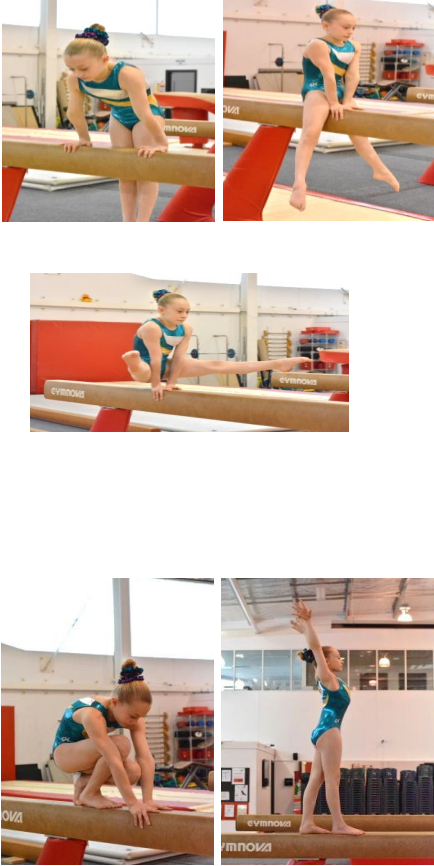
Element	Value	Images	Technical Description
Climb to squat on <b>OR</b> cast to squat/stoop on <b>OR</b> cast to squat/stoop on, sole circle, Jump to grasp high bar	No value		Whilst this skill is not judged, if the gymnast loses control or falls, relevant deductions will be applied.  Climb feet onto the bar to finish in a standing position. Jump from the low bar with feet pointed, legs together and open hips to grasp the high bar <b>OR</b>  Cast to place feet on LB between hands in a tight squat or pike. Jump from the low bar with feet pointed, legs together and open hips to grasp the high bar <b>OR</b>  Cast to place feet on LB between hands, sole circle. Jump from the low bar with feet pointed, legs together and open hips to grasp the high bar.
2 long swings, pullover on 3rd swing 	1.0 x 3		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.  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.  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.  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.  Perform the 2nd and 3rd swings in the same manner as the 1st, building in height and amplitude.  At the front of the 3rd swing, pullover the bar to a front support position, turning wrists quickly. Chest remains in with hips open / extended. Arms straight in front support. As the wrists are turning to front support the hands should not release the bar. If they do, 0.3 deduction. 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.

# Australian Women's Levels Program



Element	Value	Images	Technical Description
<p>Underswing dismount may be from hips</p>  <p>OR feet (toe shoot)</p> 	1.0		<p>From the pullover, either continue circling the bar in backwards direction, until inverted.</p> <hr/> <p>OR Cast feet onto the bar then circle in the backwards direction until inverted.</p> <p>The body swings away from the bar into an immediate underswing.</p> <p>Release at the peak of the swing forwards to land in demi plie with arms forward horizontal in a secure position.</p>

## Compulsory Levels Level 4 Beam


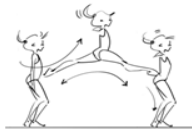



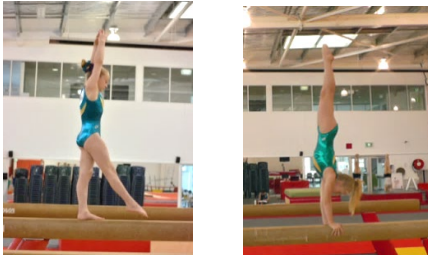
Element	Value	Images	Technical Description
<p>Jump to front support, lift leg over to straddle sit, lift to mark clear straddle position, return back to straddle sit on beam, swing legs back to squat, to stand</p> 	<p>0.5 and 0.5</p>		<p>With hands pushing down on the beam at the same time as the feet jump off the board - jump to front support with open hip position in support. Lift one leg over to straddle sit.</p> <p>Arms and legs are straight throughout with a concave chest shape.</p> <p>Lift to a high, clear straddle position, with the legs straight at horizontal. Hold this position for 2 secs.</p> <p>Lower to straddle sit on the beam.</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> <p>Stand upright with both feet flat on the beam.</p>







# Australian Women's Levels Program



Element	Value	Images	Technical Description
Split Jump (135° split) 	1.0		Split jump should be performed with no or minimal forward travel, legs evenly split forwards & backwards.  Arm position optional.
Straight jump, straight jump series 	1.0 x 2		Start with feet flat either together or in a 5th position, arm position optional.  Arms lift to vertical during the straight jump. Arms will swing down between jumps.  Land the second jump in a plie, arm position optional.
Kick to handstand - step in 	1.0		Stand on one leg, with the other leg pointed in front, arms vertical, palms turned out.  Kick to handstand showing control and momentary support in handstand.  Handstand is completed to a step in position with feet flat either together or in a 5th position. Arm position optional.

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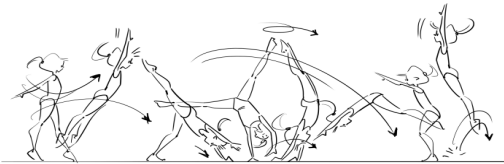




Element	Value	Images	Technical Description
Dismount: Standing straight jump backwards from the end of the beam 	1.0		Straight jump backwards off the end of the beam to a controlled stuck landing onto a surface no greater than 60cm from the top of the beam. The hip is open at take-off with arms vertical. The ideal take off position is the feet, legs, hips, torso, arms and head all in alignment. Landing in plie with feet together, arms in forward horizontal.

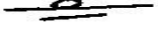
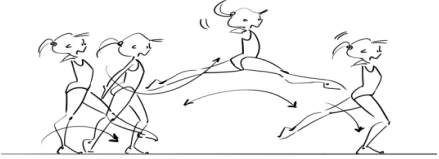

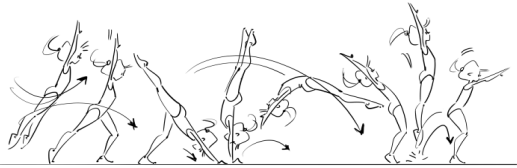
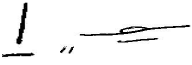
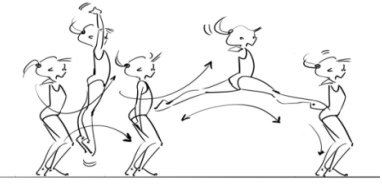
# Australian Women's Levels Program



## Compulsory Levels Level 4 Floor





Element	Value	Images	Technical Description
Backward roll to front support 	1.0		Optional entry into the backward roll with straight arms to finish in front support. Hands should not touch the floor during the "roll" to ground phase, however, there is no deduction if they do touch the ground. Hands should be turned slightly inwards in the support phase and arms straight throughout.
Jump hurdle, round-off, rebound 	1.0		Standing with legs together, jump hurdle round-off rebound. If run or steps performed into hurdle or round-off, 0.3 deduction. Rebound should be dynamic, lift vertically and may have some displacement backwards. Body aligned & tight in the air – the shape can be "open/straight" or slightly concave. The rebound should be controlled but not stuck – up to 3 steps backwards without deduction. It is acceptable to "bounce" out of the rebound into the 3 steps. The rebound should land on 2 feet, prior to the bounce/steps backwards. If the rebound travels forward, lack of control & body shape deductions apply.
Full turn on one foot 	1.0		The arms will start in a high 3rd position. Standing in a 4th position lunge. The forward arm moves to a 2nd position at the start of the turn, lifting into 5th during the turn. Turn must be on high relevé. On completion of turn, step through plie to stand on one leg, with the back leg in pointed, arms pressed back at side. No deduction if entry into turn or finish are varied.

# Australian Women's Levels Program

Element	Value	Images	Technical Description
Split leap (135°) 	1.0		2–3 running steps, split leap to show 135° split (bent or straight leg entry acceptable). Hips should lift upward with torso vertical at peak of leap. Arms should be pressed back sideways during the leap. On landing, pass through arabesque / fondu (not required to be held), step through to a finish of standing on 1 leg, back leg pointed, arms pressed back at side.
Handspring to two feet rebound 	1.0		From 3–4 running steps, hurdle into front handspring to 2 feet, immediate rebound. Rebound should be dynamic, lift vertically and may have some displacement forwards. Body aligned & tight in the air – the shape can be “open/straight” or slightly arched. The rebound should be controlled but not stuck – up to 3 steps forwards without deduction. It is acceptable to “bounce” out of the rebound into the 3 steps. The rebound should land on 2 feet, prior to the bounce/steps forwards. If the rebound travels backward, lack of control & body shape deductions apply.
Straight jump, split jump (135°)  May be reversed	1.0 x 2		Start with the feet together, arm position optional. Execute a straight jump directly connected to a split jump with 135° split. The two jumps should be connected with a dynamic rebounding take off between them. Arms vertical in straight jump & pressed back sideways in split jump. Land the split jump with feet together, arm position optional.

# Australian Women's Levels Program



Element	Value	Images	Technical Description
Backward walkover    OR tic toc  	1.0		Start standing on one leg, free leg pointed in front, arms vertical, palms turned out.
			Enter the skill with the arms by ears and kick / walkover to an overhead split (135°), with a strong handstand position shown.
			Finish in either a lunge or step in position, with arms optional position.