




Gymnastics
Australia

Women's Artistic Gymnastics

Australian Levels Program

Compulsory Levels Level 5 Vault

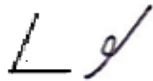
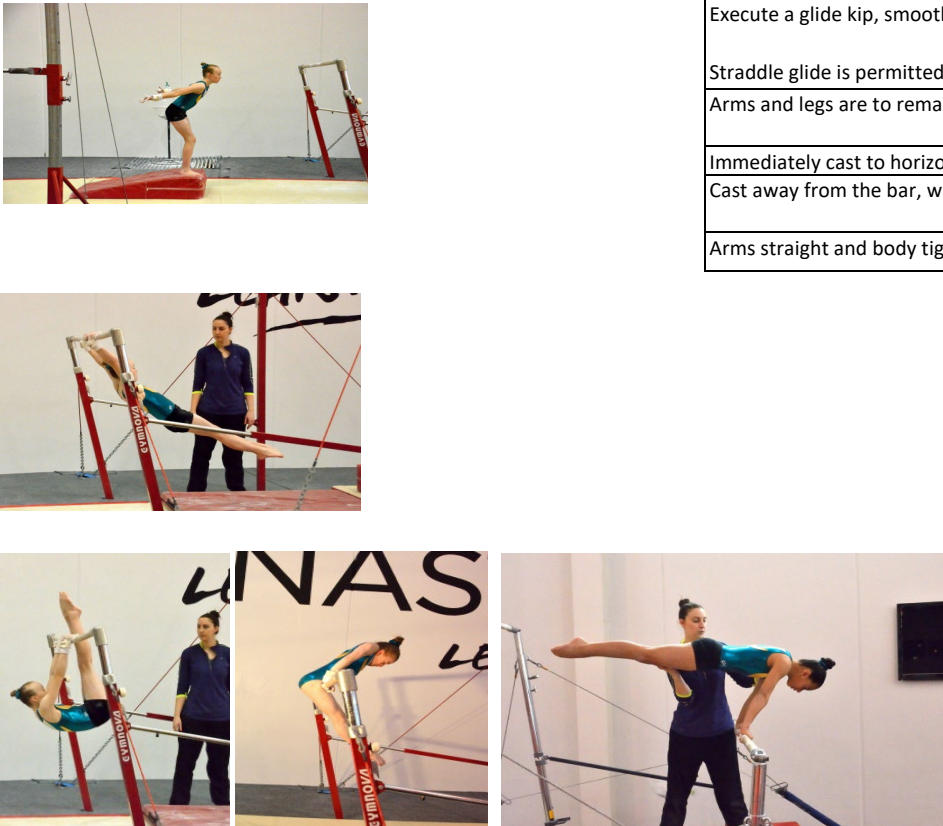
The gymnast may perform the vault twice with the higher score to count.

Element	Value	Images	Technical Description
Run, handspring to flat back landing.	10.0		<p>The run should be smooth on approach to the board with the gymnast 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 vaulting table, while maintaining an open shoulder angle, and straight body position.</p> <p>After the repulsion the gymnast will return to the mats maintaining the straight body position and the open shoulder angle.</p> <p>During the 'falling' 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>

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Compulsory Levels Level 5 Uneven Bars

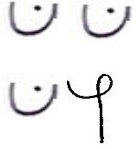

Element	Value	Images	Technical Description
Glide kip, cast to horizontal 	1.0 x 2		Execute a glide kip, smooth action into the kip. Straddle glide is permitted. Arms and legs are to remain straight throughout the entire kip to the front support position. Immediately cast to horizontal. Cast away from the bar, with hips extended and no back arch. Chest remains in throughout. Arms straight and body tight.

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Element	Value	Images	Technical Description
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.
Cast to squat or pike on, jump to grasp high bar  OR Cast to squat or pike on, sole circle, jump to grasp high bar	0.5		Cast with torso concave to place feet between hands in a squat OR pike position. There is no minimum height requirement for this cast. Sole Circle: From this position circle in a backwards direction around the bar for almost an entire revolution, then; Jump from the low bar with feet pointed, legs together and open hips to grasp the high bar.

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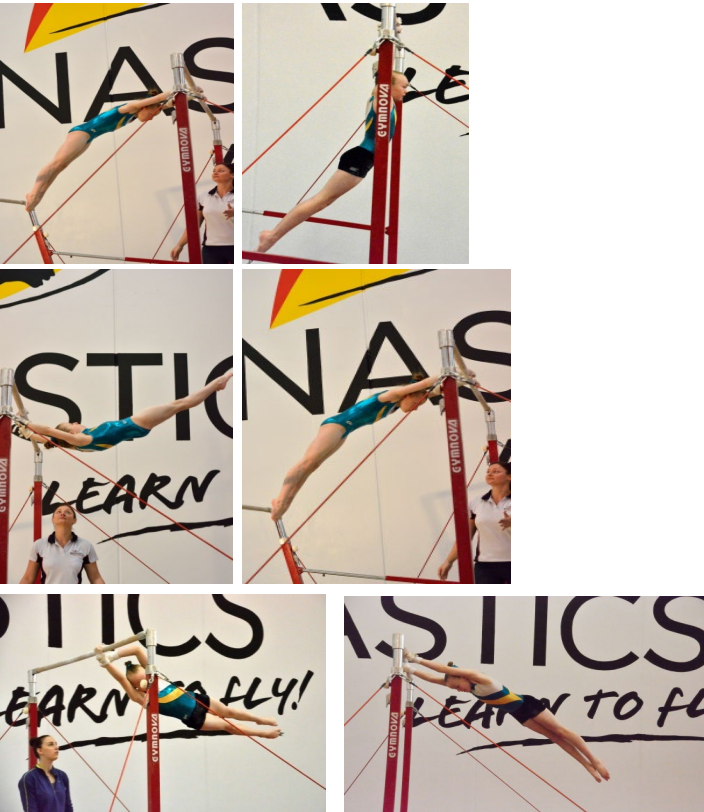
Element	Value	Images	Technical Description
2 long swings, pullover on 3rd swing 	1.0 x 3		<p>The gymnast commences in a hollow body position on the top of the back swing. This position must show shoulders open, chest in and head neutral. This strong position must be maintained throughout the entire swing, particularly during the tap action.</p> <p>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>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>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 not to point backwards over the low bar.</p> <p>Perform the 2nd and 3rd swings in the same manner as the 1st, building in height and amplitude.</p> <p>At the front of the 3rd swing, pull over the bar to a front support position, turning wrists quickly.</p> <p>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.</p> <p>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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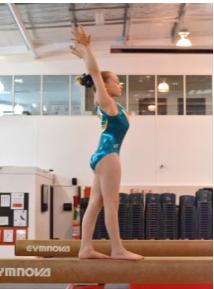


Element	Value	Images	Technical Description
<p>Underswing (to finish at top of backward swing), long swing (full swing forward then back)</p> 	<p>1.0 x 2</p>		<p>From the pullover, continue circling the bar in backwards direction, until inverted. Then let the body swing away from the bar into an immediate underswing – forwards away from the bar. Execute a long swing, as above.</p>

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Element	Value	Images	Technical Description
<p>Swing ½ turn and release dismount (minimum height 45° below horizontal)</p> 	<p>1.0</p>		<p>At the peak/top of the swing forward perform a ½ turn to finish in mixed grip. If no mixed grip when release bar, 0.3 deduction.</p> <p>The height of the body on the turn is minimum 45° below horizontal.</p> <p>Maintain a dish body shape, chest in during the turn, no lower body arch.</p> <p>Keep head in neutral position between straight arms, feet together, show a momentary support on the HB. Push off the HB to land on feet, judging finishes on release of the bar.</p>

Compulsory Levels Level 5 Beam

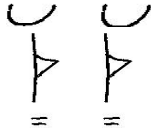
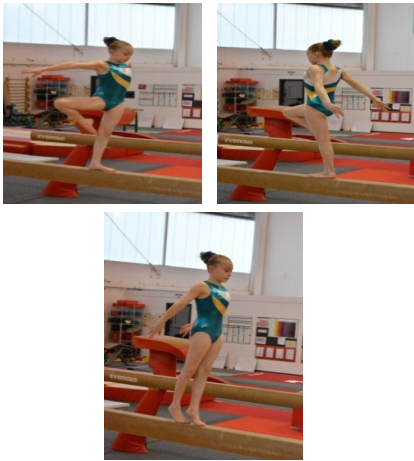


Element	Value	Images	Technical Description
Jump to front support, lift leg over to straddle sit, lift to hold clear straddle position, lower to beam, swing legs back to front support, kneel and stand 	0.5		With hands pushing down on the beam at the same time as the feet jump off the board - jump to front support with open hip position in support. Lift one leg over to straddle sit.
	0.5	   	Arms and legs are straight. Lift legs to a clear straddle position and hold for 2 seconds, with the legs straight at horizontal. Lower to straddle sit. Swing with straight legs backwards to front support before bringing feet into a tuck/kneel position, then stand. If the gymnast swings back immediately from straddle lever position, there is no deduction.

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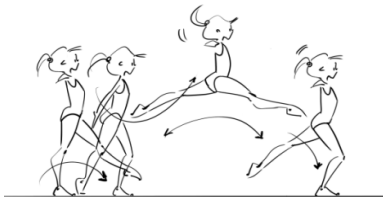
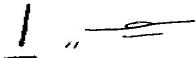
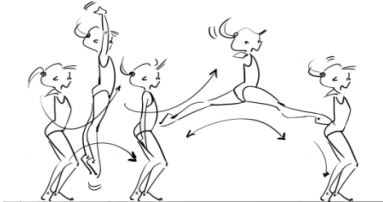

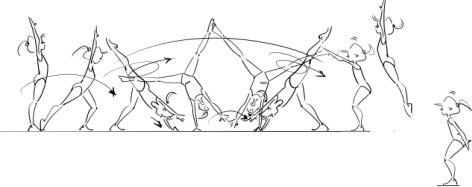


Element	Value	Images	Technical Description
Backward walkover 	1.0		Start standing on 1 leg, free leg pointed in front, arms vertical, palms turned out.
OR cartwheel ¼ turn 			Cartwheel ¼ Turn: Finish either in a lunge OR in a step in position, optional arm position.
OR tic toc 			Bwd walkover / Tic Toc: Enter the skill with the arms by ears and kick / walkover to an overhead split (min 135°), with a strong handstand position. Finish either in a lunge OR step in position, arms in front just below horizontal (to allow easy transition into choreography).
OR forward walkover 			Fwd walkover: Finish standing on 1 leg, front foot pointed, arms vertical palms turned out.

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Element	Value	Images	Technical Description
<p>2 x passé ½ turns on the same foot, relevé hold</p> 	<p>0.5 x 2</p>		<p>Start standing on 1 leg with arms pressed back sideways.</p> <p>Lift free leg to side passé position, initiate the ½ turn by bringing the free knee to forward passé and rise to strong relevé position for the turn. The passé ½ turn can finish in relevé or flat foot. Arms lower to side during the turn.</p> <p>At the completion of the 1st ½ turn, the free leg moves to a side passé position again and arms lift to pressed back sideways. Repeat passe ½ turn.</p> <p>Both turns must be on a high relevé.</p> <p>At the completion of the 2nd turn, bring the free leg from passé position to 5th position on the beam. Hold relevé 2 secs with arms remaining down at side.</p> <p>If the free leg touches the beam during the 1/2 turns due to lack of balance, 0.3 deduction (for lack of balance).</p>
<p>Kick to handstand (2 secs) - step in</p> 	<p>1.0</p>		<p>Stand on 1 leg, with the other leg pointed in front, arms vertical, palms turned out.</p> <p>Kick to handstand through lunge position (lunge doesn't need to held) to hold handstand for 2 secs.</p> <p>A split position may be shown before joining the legs.</p> <p>In handstand - straight vertical line from hands to toes including head in a neutral position. Eyes should focus on hands in handstand position and eyes transition to see the feet and beam during step in phase.</p> <p>After the handstand, the legs may split prior to stepping down.</p> <p>Handstand is completed to a step in position with feet flat either together or in a 5th position. Arm position optional.</p>

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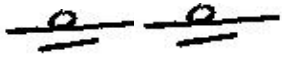
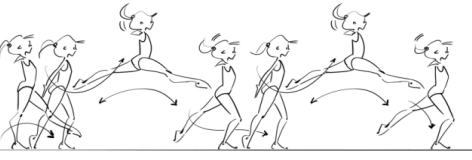

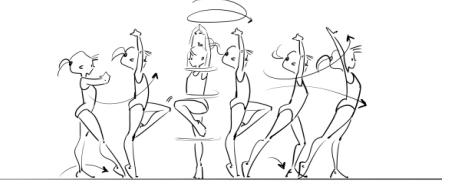


Element	Value	Images	Technical Description
Split leap (135°) 	1.0		2–3 running steps, split leap (135° split). Bent or straight leg entry acceptable. Arms pressed back sideways in leap. On landing, pass through arabesque / fondu (not required to be held), step through to a finish of standing on 1 leg, back leg pointed, arms pressed sideways.
Straight jump, split jump (135°) series (may be reversed) 	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 may swing down between jumps. Split jump with no or minimal forward travel, legs straight and even split forwards & backwards. Land the 2nd jump in a plié with optional arm position.
Dismount: Cartwheel on the beam, immediate straight jump off the end of the beam 	0.5 & 0.5		From either a standing start or with 2–3 steps preparation, commence cartwheel with arms vertical. After cartwheel immediate straight jump off beam. Arms should be vertical during the jump and lower to forward horizontal on landing.
OR Tuck front salto dismount 	OR 1.0		2–3 steps into a tuck front salto from the end of the beam. Landing in plié with feet together, arms in forward horizontal.

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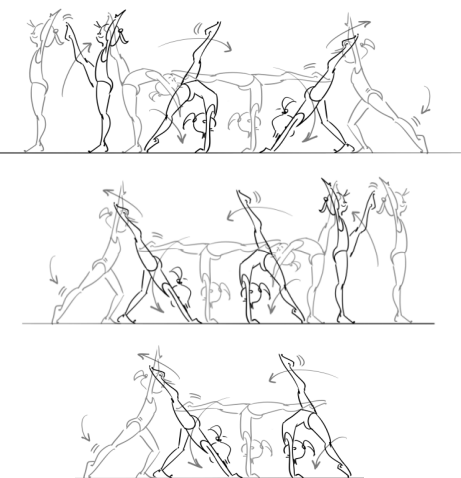
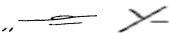





Compulsory Levels Level 5 Floor

Element	Value	Images	Technical Description
Round-off, flic flac, rebound 	0.5 & 1.0		<p>From 3–4 running steps, hurdle into round-off, flic flac rebound.</p> <p>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.</p> <p>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.</p>
Split leap, Split leap (both 180°) 	1.0 x 2		<p>2–3 running steps, split leap, split leap (180° split) completed as a passage of dance. Bent or straight leg entry acceptable.</p> <p>Arms pressed back sideways in both leaps.</p> <p>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 sideways.</p>
Full turn on one foot 	1.0		<p>The arms will start in a high 3rd 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 to 5th during the turn.</p> <p>Turn must complete 360° rotation.</p> <p>Turn must be on a high relevé.</p> <p>On completion of turn, step through plie to stand on one leg, with the back leg pointed behind, and arms pressed back at side.</p> <p>No deduction if entry into turn or finish are varied.</p>


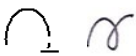



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Element	Value	Images	Technical Description
<p>Backward walkover</p>  <p>OR forward walkover</p>  <p>OR tic toc</p> 	1.0		<p>Start standing on one leg, free leg pointed in front, arms vertical, palms turned out.</p> <p>Enter the skill with the arms by ears and kick / walkover to an overhead split (180°), with a strong handstand position shown.</p> <p>Bwd walkover/Tic Toc: Finish in lunge or step in position, arm position optional.</p> <p>Fwd walkover: Finish standing on one leg, front foot pointed, arms vertical palms turned out.</p>
<p>Split jump, sissone series (both 180°) OR</p>  <p>Split jump, straddle jump series (both180°) OR</p>  <p>Split jump, straddle pike jump series (both180°)</p> 	1.0 x 2		<p>Start with feet together, arm position optional.</p> <p>During both jumps arms must be pressed back sideways with body vertical.</p> <p>The two jumps should be connected with a dynamic rebounding take-off between them.</p> <p>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.</p> <p>Jumps may be reversed.</p>

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Element	Value	Images	Technical Description
<p>Tucked front salto OR</p>  <p>Handspring, tuck front salto</p> 	1.0		<p>3–4 running steps into tucked front salto.</p> <p>Finish with legs together, arms forward horizontal.</p> <p>A controlled rebound, with tight body can be performed after the front salto. This rebound should be stuck.</p>
<p>Backward roll to front support</p> 	1.0		<p>Standing with legs together, roll to ground with straight legs and execute a backward roll with straight arms to finish in front support. If legs bend during the "roll" to the ground, bent leg deduction applies 0.1/0.3/0.5</p> <p>Hands should not touch the floor during the "roll" to ground phase, however, there is no deduction if they do touch the ground.</p>