



**Gymnastics**  
Australia

Women's Artistic Gymnastics

# Australian Levels Program








**Version 3.2** | Released in 2022

## Compulsory Levels

### Level 6

#### Vault

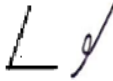




The gymnast may perform the vault twice with the higher score to count.

Element	Value	Images	Technical Description
Handspring to feet.	10.0		From a maximum run of 25m, perform a front handspring vault.
			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.
			The hurdle to the board should be flat joining the feet together at the top of the board, with the body travelling forwards.
			The arms move quickly onto the vault table, the heels will drive quickly from the board.
			The objective is to perform a maximum repulsion from the vaulting table, while maintaining an open shoulder angle, and straight body position.
	Land with control, arms forward horizontal in a secure position.		

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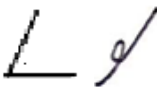





## Compulsory Levels Level 6 Uneven Bars






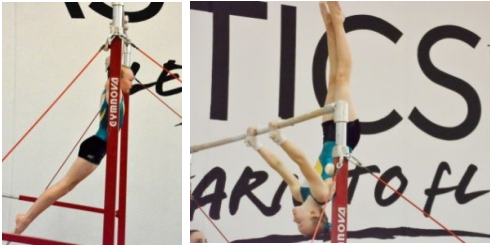
Element	Value	Images	Technical Description
Glide kip, cast to 45° above horizontal  	1.0 x 2	 	Execute a glide kip, smooth action into the kip. Straddle glide permitted. Arms and legs are to remain straight throughout the entire kip to the front support position. Immediately cast to 45° above horizontal with legs together and hip open. Straddle cast incurs deductions. Cast away from the bar, with hips extended and no back arch. Chest remains in throughout. Arms straight and body tight.
Clear hip circle to horizontal  	1.0		From the cast, immediately execute a clear hip circle, minimum horizontal. 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. At completion of the clear hip circle, maintain support away from the bar and continue into the glide kip.

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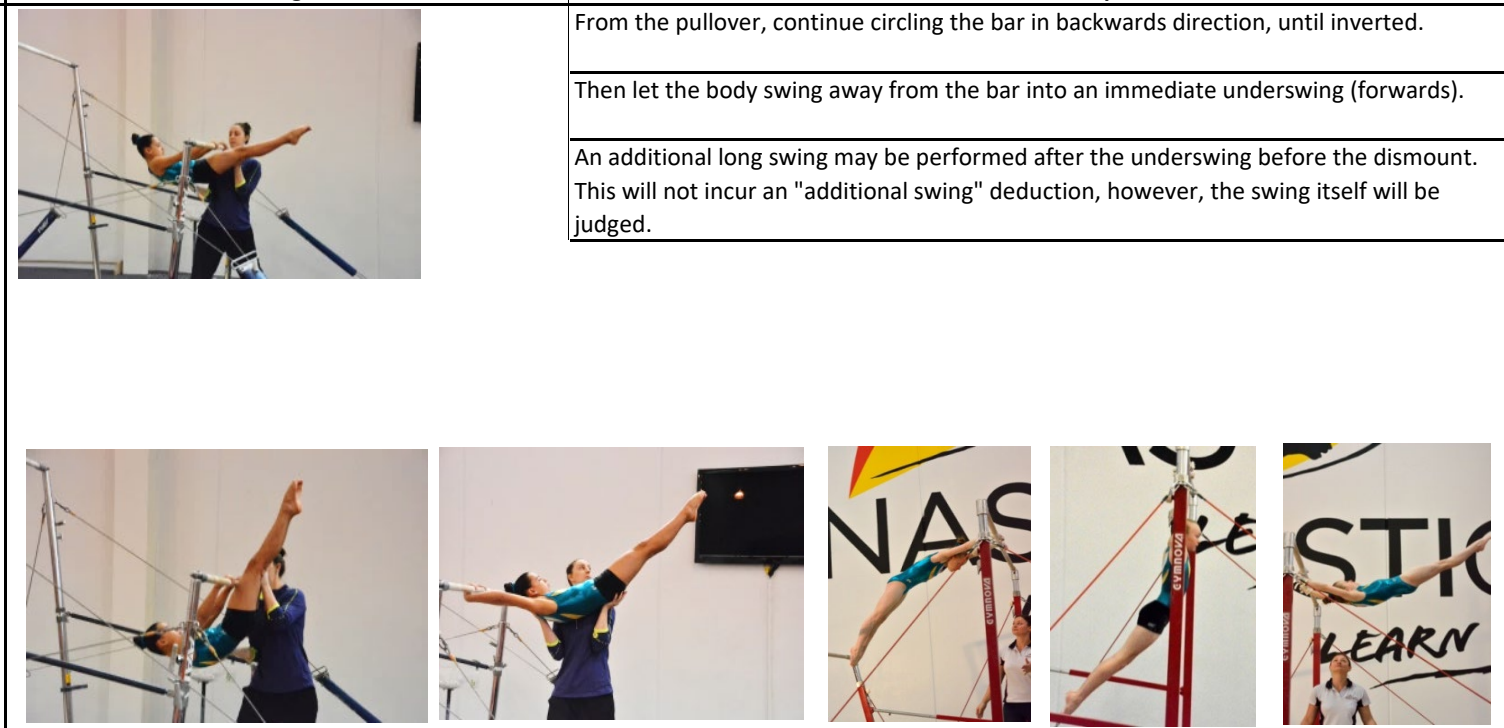
Element	Value	Images	Technical Description
Glide kip cast  	1.0		Execute a glide kip, smooth action into the kip. Straddle glide permitted. Arms and legs are to remain straight throughout the entire kip to the front support position.
Cast to squat on <b>OR</b> pike on <b>OR</b> sole circle Jump to grasp high bar  	0.5		Cast with torso concave to place feet between hands in a squat <b>OR</b> pike position. There is no minimum height requirement for this cast. <b>Sole Circle:</b> 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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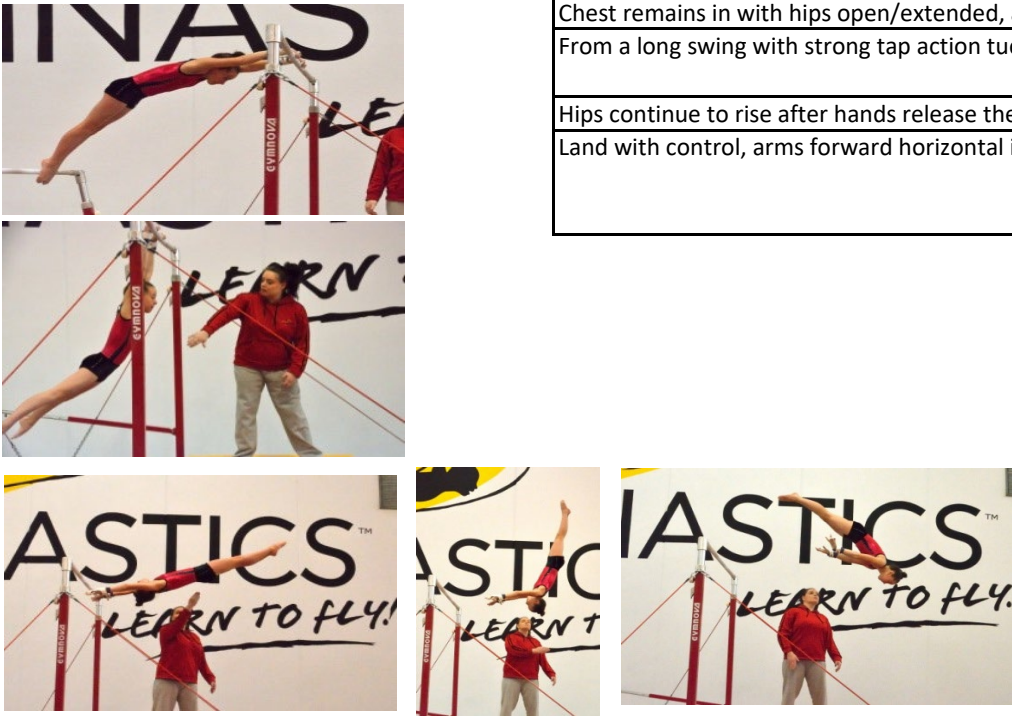
Element	Value	Images	Technical Description
Long kip cast to above horizontal 	1.0	 	<p>Execute a long kip, smooth action into the kip.</p> <p>Arms and legs are to remain straight throughout the entire kip to the front support position.</p> <p>Immediately cast to above horizontal with legs together, hips extended and no back arch. Chest remains in throughout. Straddle cast incurs deductions.</p> <p>Arms straight and body tight.</p>
Long swing pullover 	1.0	 	<p>At the peak of the cast, push away from the bar into a long swing.</p> <p>At the front of the swing, pull over the bar to a front support position, turning wrists quickly.</p> <p>Chest remains in with hips open / extended, arms straight. As the wrists are turning to front support the hands should not release the bar. If they do, 0.3 deduction.</p>

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Element	Value	Images	Technical Description
<p data-bbox="136 248 450 320">Underswing (to finish at top of backward swing)</p>  <p data-bbox="136 510 450 654">OPTIONAL - Additional Long swing (full swing forward then back) before either dismount</p>	<p data-bbox="450 248 539 978">1.0</p>		<p data-bbox="1099 248 2051 312">From the pullover, continue circling the bar in backwards direction, until inverted.</p> <p data-bbox="1099 312 2051 376">Then let the body swing away from the bar into an immediate underswing (forwards).</p> <p data-bbox="1099 376 2051 488">An additional long swing may be performed after the underswing before the dismount. This will not incur an "additional swing" deduction, however, the swing itself will be judged.</p>

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Element	Value	Images	Technical Description
<p><b>Dismount:</b> A: Flyaway dismount - may be tucked, piked <b>OR</b> stretched</p> 	1.0		<p>Chest remains in with hips open/extended, arms straight.</p> <p>From a long swing with strong tap action tuck, pike or stretched body into a flyaway.</p> <p>Hips continue to rise after hands release the bar.</p> <p>Land with control, arms forward horizontal in a secure position.</p>

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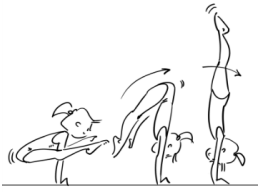

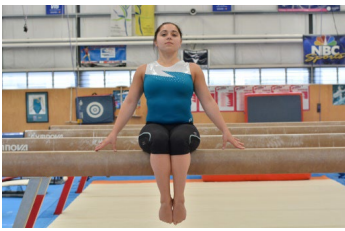

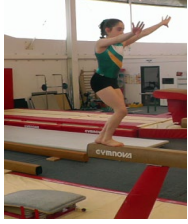
Element	Value	Images	Technical Description
<p><b>Dismount:</b>  <b>B:</b> Swing ½ turn and release                      dismount</p> 	<p>1.0</p>		<p><b>Alternate Dismount - incurs 0.5 deduction from Start Score.</b></p> <p>At the height of the swing forward perform a ½ turn to finish in mixed grip. When releasing the bar, if not in mixed grip 0.3 deduction.</p> <p>Keep head neutral, arms straight and feet together.</p> <p>Maintain a dish body shape, chest in during the turn.</p> <p>Show a momentary support on the HB. Push off the HB to land on feet. Landing deductions apply.</p> <p>The specific height requirement in Level 6 is that the swing 1/2 turn should reach horizontal. If it doesn't, then 0.1 or 0.3 deduction for lack of amplitude applies.</p>



# Australian Women's Levels Program



## Compulsory Levels Level 6 Beam




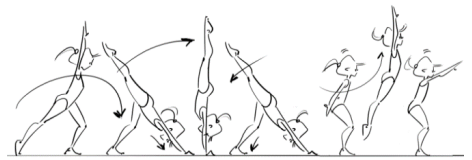
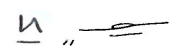
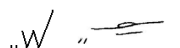



Element	Value	Images	Technical Description
<p><b>The mount may take place anywhere along the beam that will fit with the following acrobatic skill. Whichever mount is performed, the final position must be consistent with the starting position of the next skill. Transition optional.</b></p>			
Jump or Press to handstand 	1.0		Jump or press with a smooth continuous action to handstand, arms straight throughout. Lower to optional position on beam.
<b>OR</b> Tuck through to sit 			Jump 2 feet through between the arms without touching beam to a tuck sit position. Arms remain straight throughout.  There should be one continuous, smooth movement from the jump take off to the sit position, without hesitation/pause as legs pass between arms.
<b>OR</b> Jump onto the end of the beam 			Run jump off a board to land on the end of the beam, on 1 or 2 feet. Jump may either land with 2 feet together or show momentary arabesque position.

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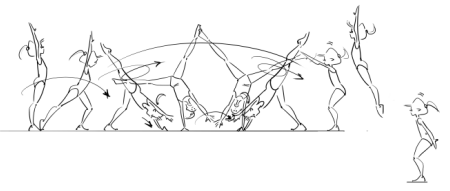
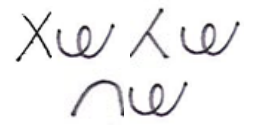


Element	Value	Images	Technical Description
Backward walkover 	1.0		Start standing on 1 leg, free leg pointed in front, arms vertical, palms turned out. Enter the skill with the arms by ears and kick / walkover to an overhead split (180°), with a strong handstand position shown.
OR forward walkover 			<b>Except flic flac:</b> Start with the legs in modified 5th with arms vertical.
OR tic toc 			<b>Bwd Walkover/Tic Toc/Flic Flac:</b> Finish in lunge or step in position, arm position optional.
OR cartwheel ¼ turn 			<b>Cartwheel ¼ Turn:</b> Finish either in a lunge OR in a step in position with feet together, arm position optional.
OR flic flac 			<b>Fwd walkover:</b> Finish standing on 1 leg, front foot pointed, arms vertical palms turned out.

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Element	Value	Images	Technical Description
Full turn on 1 foot 	1.0		Optional start position. Turn must complete 360° rotation on relevé. Arms optional during the turn. Optional finish position.
Handstand, straight jump series 	1.0 & 0.5		Stand on 1 leg, with the other leg pointed in front, arms vertical, palms turned out. Split position may be shown before joining the legs. 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 before the straight jump. Hold handstand with legs together (2 secs). After the handstand, the legs may split prior to stepping down. The step down into the jump should be a dynamic connection. Arms are vertical during the straight jump, body vertical and hips open. Land in flat 5th position with the arm position optional.
Tuck jump, split jump (180°) series (may be reversed) <b>OR</b>  Wolf jump, split jump (180°) series (may be reversed) 	1.0 x 2		Start with feet flat either together or in 5th position, arm position optional. Arms will swing down and up to initiate the jumps. Arms may swing down between jumps. Land the 2nd jump in a plié, arm position optional.
Split leap (180°) 	1.0		2–3 running steps, split leap (180° 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.

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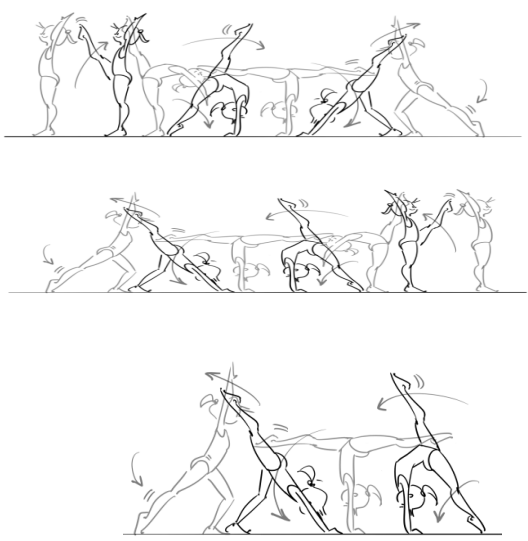

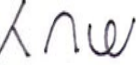



Element	Value	Images	Technical Description
<p><b>A.</b> Cartwheel <b>OR</b> roundoff <b>OR</b> flic flac on the beam to immediate straight jump off the end of the beam <b>OR</b></p> 	0.5 & 0.5		<p><b>Flic Flac dismounts:</b> Start with feet together in modified 5th position and arms vertical.</p>
<p><b>B.</b> Cartwheel <b>OR</b> roundoff <b>OR</b> flic flac, immediate tucked back salto dismount <b>OR</b></p> 			<p><b>Cartwheel or Round-off dismounts:</b> Commence skill from a standing start <b>OR</b> from 2–3 steps preparation <b>OR</b> from hurdle.</p> <p><b>Front salto:</b> 2–3 steps into a tuck front salto from the end of the beam.</p>
<p><b>C.</b> Tucked front salto</p> 	OR 1.0		<p><b>All dismounts:</b> Landing in plié with feet together, arms in forward horizontal.</p>




# Australian Women's Levels Program



## Compulsory Levels Level 6 Floor

Element	Value	Images	Technical Description
Backward walkover OR  Tic Toc OR  Forward Walkover OR  Aerial cartwheel (1 step entry) OR  Aerial walkover (1 step entry) 	1.0		<p>Start standing on one leg, free leg pointed in front, arms vertical, palms turned out.</p> <p><b>Bwd walkover / Tic Toc:</b> Enter with the arms by ears and kick/walkover to an overhead split (180°), with a strong handstand position shown. Finish skill to a lunge or step in position, arm position optional.</p> <p><b>Fwd walkover:</b> Enter with the arms by ears and walkover to an overhead split (180°), with a strong handstand position shown. Finish standing on one leg, free leg pointed in front, arms vertical, palms turned out.</p> <p><b>Aerial cartwheel &amp; Aerial walkover:</b> Must commence from 1 step entry. If more than 1 step performed in the hurdle, 0.3 deduction applies.</p> <p>No split requirement during aerial skill.</p> <p>Optional finish position.</p>
Round-off, flic flac, flic flac, rebound  OR round-off, flic flac, tucked back salto 	0.5, 0.5, 0.5		<p>3-4 running steps, hurdle round-off, flic flac, flic flac immediate rebound <b>OR</b> round-off flic flac tucked back salto.</p> <p>A controlled rebound, with tight body can be performed after the back salto. This rebound from salto should be stuck.</p>


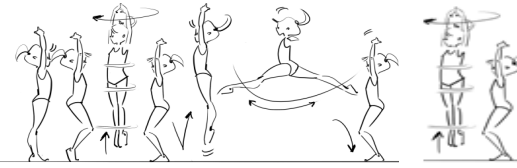




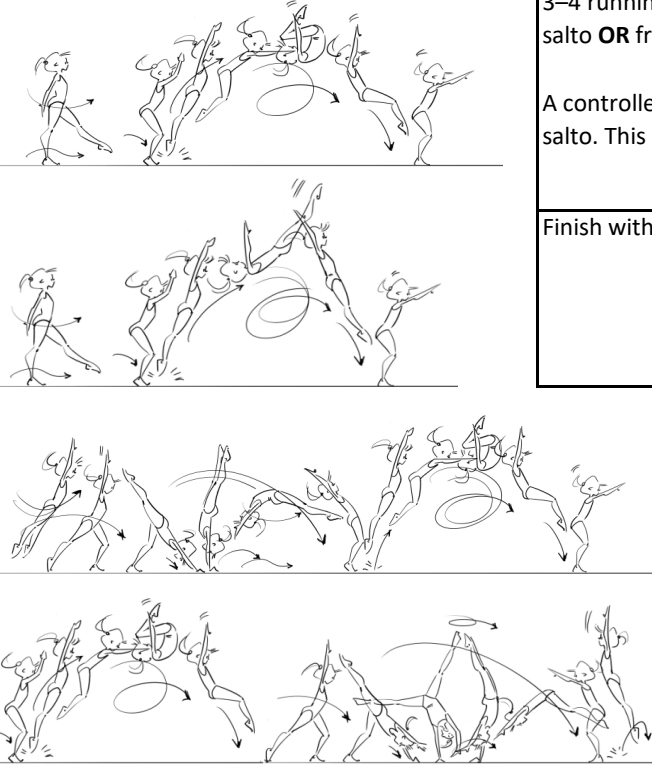
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Element	Value	Images	Technical Description
Passage of Dance	1.0 x 2		<p>Passage of dance is composed of 2 different leaps or hops from the National Levels Table of elements, 1 of them with 180° cross / side split or straddle. Elements are connected directly or indirectly with running steps, small leaps, hops, chassé, and chainé turns. The effect is to create a large flowing, travelling movement pattern.</p> <p>Optional finish position.</p>
Full turn on one foot	1.0		<p>The arms will start in a high 3rd position. 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.</p> <p>Turn must be on a high relevé.</p> <p>On completion of turn, step through plie to stand on 1 leg, back leg pointed, arms pressed back at side.</p>
Backward roll to handstand	1.0		<p>Standing with legs together, roll to ground with straight legs and execute a backward roll with straight arms to handstand. If legs bend at anytime during the element, 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> <p>Finish by stepping down from handstand into a lunge, arm position optional.</p>

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Women's Artistic  
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Element	Value	Images	Technical Description
<p>Jump ½ turn, immediate split jump OR straddle pike OR straddle jump (180°), immediate jump ½ turn series</p> 	<p>0.5 &amp; 1.0 &amp; 0.5</p>		<p>Start with feet together, arm position optional.</p> <p>Torso remains vertical on all jumps.</p> <p>Jumps should be dynamic, lifting vertically with no forwards travel.</p> <p>Arms should be vertical in the jump ½ turns, then sideways in the split/straddle jump.</p> <p>Both jump ½ turns must be in the same direction. If not, 0.3 deduction applies.</p>
<p>Tucked front salto</p>  <p>OR Stretched front salto</p>  <p>OR handspring front salto</p>  <p>OR front salto step out, roundoff</p> 	<p>1.0</p>		<p>3–4 running steps into tucked front salto OR stretched front salto OR handspring front salto OR front salto step out round-off.</p> <p>A controlled rebound, with tight body can be performed after the tuck/stretched front salto. This rebound should be stuck.</p> <p>Finish with legs together, arms forward horizontal.</p>