



Gymnastics
Australia

Women's Artistic Gymnastics

Australian Levels Program



Version 3.2 | Released in 2022

Australian Women's Levels Program

Optional Levels 7–10 Vault



The Australian Levels Program Level 7 to 10 will be judged according to the ALP modified Code of Points and the 2017 – 2020 FIG Code of Points

Level 7	Level 8	Level 9	Level 10
1.00 Handspring 2.50	1.00 Handspring 2.50 1.02 Handspring 1/1 3.50 3.10 Tsukahara tuck 4.00 3.20 Tsukahara pike 4.20 3.30 Tsukahara stretch 4.70 4.10 Yurchenko tuck 4.00 4.20 Yurchenko pike 4.20 4.30 Yurchenko stretch 4.70	As per 2017 – 2020 FIG Vault Tariff, except that all vaults groups 1, 2, 3 and 5 will have 0.5 added to their tariff and Group 4 vaults will have 0.7 added to their tariffs. Refer to Australian Levels Vault Table 2019 and beyond.	As per 2017 – 2020 FIG Vault Tariff, except that all vaults groups 1, 2, 3 and 5 will have 0.5 added to their tariff and Group 4 vaults will have 0.7 added to their tariffs. Refer to Australian Levels Vault Table 2019 and beyond.
	There will be no deduction for the coach on the podium for groups 2-5 vaults.	There will be no deduction for the coach on the podium for groups 2-5 vaults.	There will be no deduction for the coach on the podium for groups 2-5 vaults.
Vault table height 105 – 125cm	Vault table height 105 – 125cm	Vault table height 125cm	Vault table height 125cm

Australian Women's Levels Program

Optional Levels 7–10 Bars



COMPOSITION REQUIREMENTS (CR) – D Panel 2.50

CR	Level 7	Level 8	Level 9	Level 10
	6 counting elements	7 counting elements	8 counting elements	8 counting elements
CR 1	Bar Change	Bar change	Flight element or Element with reverse grip	Flight element (separate to CR 2) or Element with reverse grip
CR 2	No requirement (0.5 awarded free)	Element with flight or Element with LA turn (excluding mount and dismount)	Flight element (separate to CR 1) or Element with LA turn excluding mount and dismount	Flight element on the same bar or HB to LB flight element
CR 3	Close bar circle element to above horizontal	Close bar circle element to 45° above horizontal	Close bar circle element to within 30° of handstand	Close bar circle element to handstand
CR 4	Element to or through handstand	Element to or through handstand	2 different elements to or through handstand	Element with LA turn (min 180°) excluding mount and dismount
CR 5	0.5 Back salto dismount (flyaway) 0.3 A or more dismount	0.5 Stretched back salto (flyaway) or double back salto dismount 0.3 B or more dismount 0.3 Back salto dismount (flyaway)	0.5 B or more dismount 0.3 A salto dismount	0.5 C or more dismount 0.3 B dismount
BONUS				
	No Bonus	0.2 Maximum Bonus	0.6 Maximum Bonus	Unlimited Bonus
		0.2 Giant circle	0.4 D or more flight element (excluding dismount) 0.2 Double salto dismount 0.2 Non-flight element with minimum 360° LA turn 0.2 C + C or more (must be different)	0.2 D or more flight element on same bar 0.2 D or more salto dismount
10cm additional mat permitted for any flight or transition elements				

Australian Women's Levels Program

Optional Levels 7–10 Beam



COMPOSITION REQUIREMENTS (CR) – D PANEL 2.50

CR	Level 7	Level 8	Level 9	Level 10
	6 counting elements	7 counting elements	8 counting elements	8 counting elements
CR 1	One connection of at least 2 different dance elements, one being a leap or jump with 180° split (cross or side) or straddle position			
CR 2	Turn (group 3) OR Rolls/flairs (see skill numbers below)			
CR 3	Acro flight element	Acro series One element with flight	Acro series 2 flight elements OR 2 acro elements, one being salto	Acro series 2 flight elements, one being salto OR 2 flight elements in rebounding connection
CR 4	<u>Separate acro requirement</u> · If mount, min B	<u>Separate acro requirement</u> · If mount, min B · Clear pike 'V' hold not permitted	<u>Separate acro requirement</u> · If mount, min B · Clear pike 'V' hold not permitted	Acrobatic elements in different directions (Forward or sideward and backward element) · Cannot be static · Cannot be mount or dismount
CR 5	0.5 Salto dismount connected directly to acro element 0.5 B salto or more dismount 0.3 A salto dismount Element preceding dismount must be separate from CR 3	0.5 Salto dismount directly connected to acro flight element 0.5 B salto or more dismount 0.3 A salto dismount Element preceding dismount must be separate from CR 3	0.5 B or more salto dismount directly connected to acro flight element that lands on 2 feet 0.5 C salto or more dismount 0.3 B salto dismount 0.3 Salto dismount directly connected to acro flight element that lands on 2 feet	0.5 B or more salto dismount directly connected to acro flight element that lands on 2 feet 0.5 C salto or more dismount 0.3 B salto dismount 0.3 Salto dismount directly connected to acro flight element that lands on 2 feet
BONUS				
	No Bonus .	0.2 Maximum Bonus	0.6 Maximum Bonus	Unlimited Bonus
		0.2 Rebounding Acro series (on the beam), both elements with flight, to land on feet	0.2 Rebounding acro series with salto (on the beam), both elements with flight	
			0.2 C or more salto dismount directly connected to acro flight element that lands on 2 feet	
			0.2 C + C or more OR B + D or more Dance/mixed	
			0.2 C (salto) + B (dance) or more	
			0.2 A + C or more Turns	
			0.2 B + B + C Series Bonus (or more)	
Coach may stand in for D Dismounts or more				

- CR 1, 2 (turn), 3 and 4 must be performed ON the beam (CR 4 only may include the mount unless stated otherwise)
- Acro series – no static elements permitted
- CR 4 - Separate Acro Requirement at Level 7 to 9 is separate to CR 3
- Rolls/flairs included elements 1.303, 1.403, 1.304, 1.207, 1.308, 1.514, 4.203, 4.204, 4.304, 4.305, 4.206, 4.306, 4.307, 5.405, 5.505

Australian Women's Levels Program

Optional Levels 7–10 Floor



COMPOSITION REQUIREMENTS (CR) – D PANEL 2.50

CR	Level 7	Level 8	Level 9	Level 10
	6 counting elements	7 counting elements	8 counting elements	8 counting elements
CR 1	A dance passage	A dance passage	A dance passage	A dance passage
CR 2	Minimum of 2 acrobatic lines	Minimum of 2 Acro lines, one with 2 saltos	Minimum of 2 Acro lines, one with 2 saltos	Minimum of 2 Acro lines, one with 2 saltos, one of which is min B value
CR 3	3 directly connected flight elements one of which is a backward salto to land on 2 feet	Stretched salto min B or Salto with 360° LA turn	Salto with 360° LA turn or Double BA salto	Salto with 360° LA turn or Double BA salto
CR 4	Forward salto and backward salto performed within acro lines	Forward salto and backward salto performed within acro lines	Forward salto and backward salto performed within acro lines	Forward salto and backward salto performed within acro lines
CR 5	0.5 Stretched salto dismount 0.3 Salto dismount	0.5 B or more salto dismount 0.3 Stretched salto	0.5 Stretched salto with min 360° LA turn OR Double back salto dismount 0.3 B or more salto dismount	0.5 C or more salto dismount 0.3 Stretched salto with min 360° LA turn
BONUS				
	No Bonus	0.2 Maximum Bonus	0.6 Maximum Bonus	Unlimited Bonus
		0.2 Roundoff flic flac stretched salto with minimum 360° LA turn	0.2 Any D or more acro skill	0.2 D acro skill 0.4 E or more acro skill
			0.2 Any double back salto (awarded in addition to bonus 1 above) Limited to only one double salto	0.2 Any double back salto (awarded in addition to bonus 1 above)
			0.2 Acro (salto) - direct or indirect A + C or more	0.2 Acro (salto) - direct or indirect B + C or more A + D or more A + A + C or more
			0.2 A + C or more OR B + B or more Turns only	
5cm additional mat permitted for all C or more saltos				
Definition of an acro line – must contain minimum of 2 flight elements, one of which is a salto (cannot be a standing salto)				