



Gymnastics  
Australia

Men's Artistic Gymnastics

# Australian Levels Program

2022–2025



**Gymnastics Australia**  
**Men's Australian Levels Program**  
NATIONAL COMPETITION CURRICULUM  
**LEVEL 1**

## FLOOR EXERCISE – LEVEL 1

Item	Skill 1	Skill 2	Skill 3	Skill 4																																																
Skill Value	2.5	2.5	2.5	2.5																																																
Required Skill	Forward Roll, Tucked Handstand	Forward Roll, Pike Stretch (2 Sec)	Dish (2 Sec), Arch (2 Sec), Front Support	Straight Jump																																																
Technical Description	Stand inside the floor area, lift arms to a presentation position and begin the routine. Squat down and forward roll to immediate 2-footed jump into <b>momentary</b> tucked handstand. Lower back down to squat position.	Forward roll with straight legs to seated L-sit with arms above the head. Reach forwards towards toes into pike stretch (hold 2 seconds).	Lift arms above the head and lie down backwards. Lift to dish position (hold 2 seconds). Roll sideways to arch position (hold 2 seconds) and lie face down. Circle arms around and push up to <b>momentary</b> front support.	Jump to <b>momentary</b> squat stand with immediate straight jump to stand.																																																
Typical Deductions	<table border="0"> <tr><td>Lack of rhythm</td><td>0.1 - 0.3</td></tr> <tr><td>Push with hands to squat</td><td>0.3</td></tr> <tr><td>Tuck handstand not shown</td><td>0.3</td></tr> <tr><td>Tuck handstand not vertical (1°-15°/16°-30°/&gt;30°)</td><td>0.1 - 0.5</td></tr> <tr><td>Bent arms in handstand</td><td>0.1 - 0.5</td></tr> <tr><td>Legs apart</td><td>0.1 - 0.5</td></tr> <tr><td>Feet not pointed</td><td>0.1</td></tr> </table>	Lack of rhythm	0.1 - 0.3	Push with hands to squat	0.3	Tuck handstand not shown	0.3	Tuck handstand not vertical (1°-15°/16°-30°/>30°)	0.1 - 0.5	Bent arms in handstand	0.1 - 0.5	Legs apart	0.1 - 0.5	Feet not pointed	0.1	<table border="0"> <tr><td>Bent knees</td><td>0.1 - 0.5</td></tr> <tr><td>Lack of rhythm</td><td>0.1 - 0.5</td></tr> <tr><td>Lack of flexibility</td><td>0.1 - 0.3</td></tr> <tr><td>Hold &lt; 2 seconds</td><td>0.3</td></tr> <tr><td>No hold</td><td>0.5</td></tr> <tr><td>Feet not pointed</td><td>0.1</td></tr> </table>	Bent knees	0.1 - 0.5	Lack of rhythm	0.1 - 0.5	Lack of flexibility	0.1 - 0.3	Hold < 2 seconds	0.3	No hold	0.5	Feet not pointed	0.1	<table border="0"> <tr><td>Poor dish shape</td><td>0.1 - 0.5</td></tr> <tr><td>Poor arch shape</td><td>0.1 - 0.5</td></tr> <tr><td>Hold &lt; 2 seconds (each time)</td><td>0.3</td></tr> <tr><td>No hold (each time)</td><td>0.5</td></tr> <tr><td>Lack of rhythm</td><td>0.1 - 0.3</td></tr> <tr><td>Body not straight in push-up</td><td>0.1 - 0.5</td></tr> <tr><td>Poor body shape in support</td><td>0.1 - 0.5</td></tr> <tr><td>Front support not shown</td><td>0.3</td></tr> </table>	Poor dish shape	0.1 - 0.5	Poor arch shape	0.1 - 0.5	Hold < 2 seconds (each time)	0.3	No hold (each time)	0.5	Lack of rhythm	0.1 - 0.3	Body not straight in push-up	0.1 - 0.5	Poor body shape in support	0.1 - 0.5	Front support not shown	0.3	<table border="0"> <tr><td>Squat not shown</td><td>0.3</td></tr> <tr><td>Jump not dynamic</td><td>0.3</td></tr> <tr><td>Body not stretched in jump</td><td>0.1 - 0.5</td></tr> </table>	Squat not shown	0.3	Jump not dynamic	0.3	Body not stretched in jump	0.1 - 0.5
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**Momentary** requires the gymnast to stop in the described position but not hold the position

\*'Out of Floor Area' deductions for routines performed in a straight line do not apply at this level

## POMMEL HORSE – LEVEL 1

This routine is performed on the Floor (or a Floor mushroom)

Item	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5																																																										
Skill Value	2.0	2.0	2.0	2.0	2.0																																																										
Required Skill	Front Support (2 Sec)	Side Support (2 Sec)	Rear Support (2 Sec)	Side Support (2 Sec)	Front Support (2 Sec), Stand																																																										
Technical Description	From stand, lift arms to a presentation position to begin routine. Squat down and jump legs outwards to a front support position (hold 2 seconds).	Walk legs in a circular motion from front support to a side support position on one arm (hold 2 seconds).	Continue to walk legs in a circular motion from side support to a rear support position (hold 2 seconds).	Continue to walk legs in a circular motion from rear support to a side support position on one arm (hold 2 seconds).	Continue to walk legs in a circular motion from side support to a front support position (hold 2 seconds). Jump to squat and stand to present.																																																										
Typical Deductions	<table border="0"> <tr><td>Bent knees</td><td>0.1-0.5</td></tr> <tr><td>Bent arms</td><td>0.1-0.5</td></tr> <tr><td>Poor body position</td><td>0.1-0.5</td></tr> <tr><td>Hold &lt; 2 seconds</td><td>0.3</td></tr> <tr><td>No hold</td><td>0.5</td></tr> </table>	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Poor body position	0.1-0.5	Hold < 2 seconds	0.3	No hold	0.5	<table border="0"> <tr><td>Bent knees</td><td>0.1-0.5</td></tr> <tr><td>Bent arms</td><td>0.1-0.5</td></tr> <tr><td>Poor body position</td><td>0.1-0.5</td></tr> <tr><td>Angular deviation from side support</td><td>0.1-0.5</td></tr> <tr><td>Side support not one-armed</td><td>0.3</td></tr> <tr><td>Hold &lt; 2 seconds</td><td>0.3</td></tr> <tr><td>No hold</td><td>0.5</td></tr> </table>	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Poor body position	0.1-0.5	Angular deviation from side support	0.1-0.5	Side support not one-armed	0.3	Hold < 2 seconds	0.3	No hold	0.5	<table border="0"> <tr><td>Bent knees</td><td>0.1-0.5</td></tr> <tr><td>Bent arms</td><td>0.1-0.5</td></tr> <tr><td>Poor body position</td><td>0.1-0.5</td></tr> <tr><td>Hold &lt; 2 seconds</td><td>0.3</td></tr> <tr><td>No hold</td><td>0.5</td></tr> </table>	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Poor body position	0.1-0.5	Hold < 2 seconds	0.3	No hold	0.5	<table border="0"> <tr><td>Bent knees</td><td>0.1-0.5</td></tr> <tr><td>Bent arms</td><td>0.1-0.5</td></tr> <tr><td>Poor body position</td><td>0.1-0.5</td></tr> <tr><td>Angular deviation from side support</td><td>0.1-0.5</td></tr> <tr><td>Side support not one-armed</td><td>0.3</td></tr> <tr><td>Hold &lt; 2 seconds</td><td>0.3</td></tr> <tr><td>No hold</td><td>0.5</td></tr> </table>	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Poor body position	0.1-0.5	Angular deviation from side support	0.1-0.5	Side support not one-armed	0.3	Hold < 2 seconds	0.3	No hold	0.5	<table border="0"> <tr><td>Bent knees</td><td>0.1-0.5</td></tr> <tr><td>Bent arms</td><td>0.1-0.5</td></tr> <tr><td>Poor body position</td><td>0.1-0.5</td></tr> <tr><td>Hold &lt; 2 seconds</td><td>0.3</td></tr> <tr><td>No hold</td><td>0.5</td></tr> </table>	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Poor body position	0.1-0.5	Hold < 2 seconds	0.3	No hold	0.5
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## VAULT – LEVEL 1

<b>Item</b>	<b>Vault</b>			
<b>Skill Value</b>	10.0			
<b>Required Skill</b>	Stretched Jump			
<b>Technical Description</b>	<p>From a standing position on a 60cm hard box, step one foot forward over the front edge and pause. Jump forwards onto a spring board, landing with 2-feet together, and rebound into stretched jump onto 30cm matting*.</p> <p>* 30cm Matting = 20cm landing mat + 1x 10cm landing mat <b>OR</b> 1x 30cm landing mat</p>			
<b>Typical Deductions</b>	No under-arm swing on take-off 2-foot jump from box Feet not contacting board simultaneously Feet not leaving board simultaneously Lack of rhythm / no rebound action Lack of height (feet below knees)	0.3 0.5 0.1-0.3 0.1-0.3 0.1-0.3 0.3	Body not straight / stretched Bent knees Legs apart Feet not pointed Steps / uncontrolled landing Fall	0.1-0.5 0.1-0.5 0.1-0.5 0.1 0.1-0.3 1.0

## PARALLEL BARS – LEVEL 1

Parallel Bars should be set to minimum height settings

Item	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Skill Value	1.0	2.0	1.0	4.0	2.0
Required Skill	Support	Tucked L-Sit (2 Sec)	L-Sit	Support Swing x2	Dismount
Technical Description	From a still stand, jump <b>OR</b> coach lift to a <b>momentary</b> stationary support position on the end of the bars.	Lift to tucked L-sit (hold 2 seconds).  <i>Tucked L-sit position should replicate L-sit with a 90° bend at the knees</i>	Straighten legs through to <b>momentary</b> L-sit.	Push forwards and swing backwards and forwards x2.	On 3 <sup>rd</sup> swing backwards to horizontal, push away to dismount to stand.
Typical Deductions	Legs apart on lift      0.3 Momentary support not shown      0.3 Body not straight      0.1-0.5 Bent knees      0.1-0.5 Feet not pointed      0.1	Poor tuck-L position      0.1-0.5 Feet not pointed      0.1 Hold < 2 seconds      0.3 No hold      0.5	Momentary L-sit not shown      0.3 Legs not horizontal      0.1-0.5 Bent knees      0.1-0.5 Feet not pointed      0.1	Front Swings Bent knees      0.1-0.5 Bent hips      0.1-0.5 Back Swings Bent knees      0.1-0.5 Excessive arch      0.1-0.5	Excessive arch      0.1-0.5 Bent hips      0.1-0.5 Bent knees      0.1-0.5 Body below horizontal      0.1-0.5 Steps / uncontrolled landing      0.1-0.3 Fall      1.0

**Momentary** requires the gymnast to stop in the described position but not hold the position