



Gymnastics  
Australia

Men's Artistic Gymnastics

# Australian Levels Program

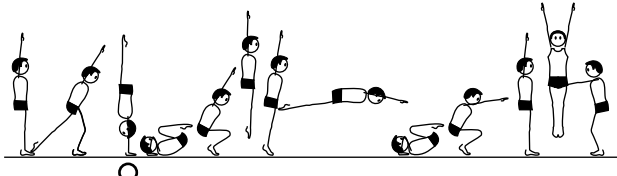
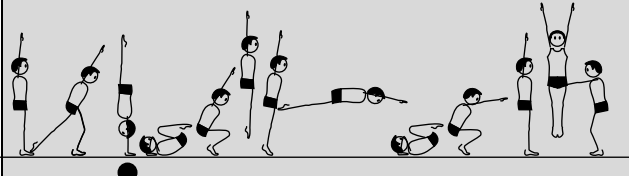
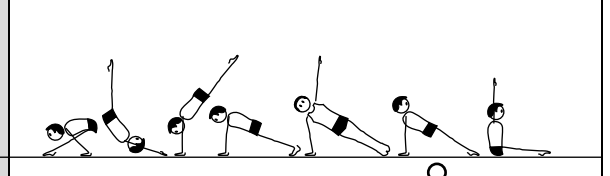
2022–2025



**Gymnastics Australia**  
**Men's Australian Levels Program**  
NATIONAL COMPETITION CURRICULUM  
LEVEL 3

## FLOOR EXERCISE – LEVEL 3

One **BONUS** skill (page 1/2)

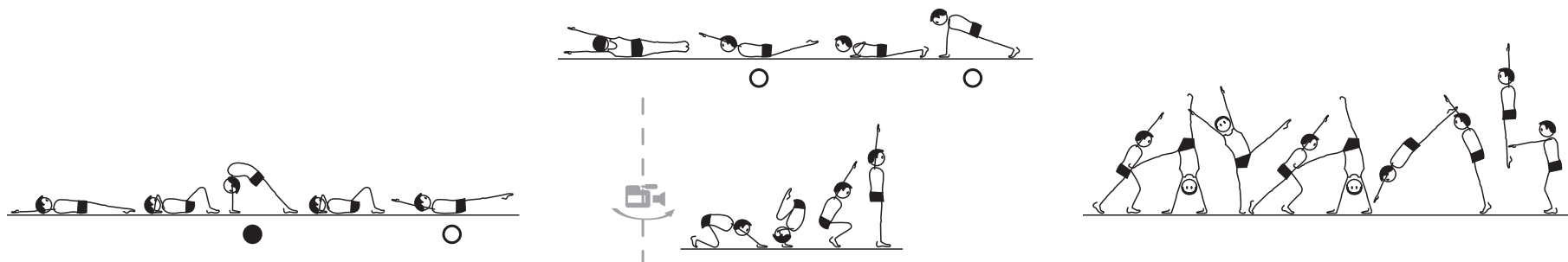
Item	Skill 1	Skill 1 – BONUS	Skill 2																																										
Skill Value	2.5	+ 0.5	2.0																																										
Required Skill	Handstand, Straight Jump, Punch Dive Roll, Jump ½ Turn	Handstand (2 Sec), Straight Jump, Punch Forward Roll, Jump ½ Turn	Backward Roll to Front Support, Rear Support																																										
																																													
Technical Description	Stand inside the floor area, lift arms to a presentation position and begin the routine. Lunge step forwards and kick to momentary handstand with forward roll to stand and immediate straight jump to punch dive roll to stand. Straight jump with ½ turn to stand.	Stand inside the floor area, lift arms to a presentation position and begin the routine. Lunge step forwards and kick to handstand (hold 2 seconds) with rollout to stand and immediate straight jump to punch forward roll to stand. Straight jump with ½ turn to stand.  <i>Bonus not paid if handstand not held for the full 2 seconds</i>	Backward roll with straight arms (through 45° above horizontal) to front support. ½ turn to <b>momentary</b> rear support and lower to seated L-sit with arms above the head.																																										
Typical Deductions	<table border="0"> <tr><td>Momentary handstand not shown</td><td style="text-align: right;">0.3</td></tr> <tr><td>Poor shape in handstand</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Lack of extension in forward roll</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Lack of rhythm</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>Jump not dynamic</td><td style="text-align: right;">0.3</td></tr> <tr><td>Lack of height in dive roll</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>Jump ½ turn not dynamic</td><td style="text-align: right;">0.3</td></tr> <tr><td>Feet not pointed</td><td style="text-align: right;">0.1</td></tr> </table>	Momentary handstand not shown	0.3	Poor shape in handstand	0.1-0.5	Lack of extension in forward roll	0.1-0.5	Lack of rhythm	0.1-0.3	Jump not dynamic	0.3	Lack of height in dive roll	0.1-0.3	Jump ½ turn not dynamic	0.3	Feet not pointed	0.1	<table border="0"> <tr><td>Poor body shape in handstand</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Lack of extension in forward roll</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Lack of rhythm</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>Jump not dynamic</td><td style="text-align: right;">0.3</td></tr> <tr><td>Lack of height in dive roll</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>Jump ½ turn not dynamic</td><td style="text-align: right;">0.3</td></tr> <tr><td>Feet not pointed</td><td style="text-align: right;">0.1</td></tr> </table>	Poor body shape in handstand	0.1-0.5	Lack of extension in forward roll	0.1-0.5	Lack of rhythm	0.1-0.3	Jump not dynamic	0.3	Lack of height in dive roll	0.1-0.3	Jump ½ turn not dynamic	0.3	Feet not pointed	0.1	<table border="0"> <tr><td>Bent knees</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Bent arms</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Lack of rhythm</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>Bwd roll &lt; 45° above horizontal (30°-16°/15°-0.1°/ &lt; horizontal)</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Momentary rear support not shown</td><td style="text-align: right;">0.3</td></tr> <tr><td>Poor body shape in rear support</td><td style="text-align: right;">0.1-0.5</td></tr> </table>	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Lack of rhythm	0.1-0.3	Bwd roll < 45° above horizontal (30°-16°/15°-0.1°/ < horizontal)	0.1-0.5	Momentary rear support not shown	0.3	Poor body shape in rear support	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

## FLOOR EXERCISE – LEVEL 3

Level 3 cont. (page 2/2)

Item	Skill 3	Skill 4	Skill 5																																										
Skill Value	1.5	2.0	2.0																																										
Required Skill	Bridge (2 Sec), Dish	Arch, Front Support, Forward Roll	Cartwheel, Round-Off																																										
																																													
Technical Description	Lie down backwards, bend arms and legs to push into bridge (hold 2 seconds). Lower down and lift to <b>momentary</b> dish position.	Roll sideways to momentary arch position and lie face down. Circle arms around and push up to <b>momentary</b> front support. Kneel down and forward roll to stand.	Step forwards into cartwheel with ¼ outwards into immediate round-off with straight jump to stand.																																										
Typical Deductions	<table border="0" style="width: 100%;"> <tr><td>Lack of rhythm</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Bent knees</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Bent arms</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Shoulders not vertical over hands</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Hold &lt; 2 seconds</td><td style="text-align: right;">0.3</td></tr> <tr><td>No hold</td><td style="text-align: right;">0.5</td></tr> <tr><td>Momentary dish position not shown</td><td style="text-align: right;">0.3</td></tr> <tr><td>Poor dish shape</td><td style="text-align: right;">0.1-0.5</td></tr> </table>	Lack of rhythm	0.1-0.5	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Shoulders not vertical over hands	0.1-0.5	Hold < 2 seconds	0.3	No hold	0.5	Momentary dish position not shown	0.3	Poor dish shape	0.1-0.5	<table border="0" style="width: 100%;"> <tr><td>Momentary arch position not shown</td><td style="text-align: right;">0.3</td></tr> <tr><td>Poor arch shape</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Lack of rhythm</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>Body not straight in push to support</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>Momentary front support not shown</td><td style="text-align: right;">0.3</td></tr> <tr><td>Poor body shape in front support</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Lack of extension in forward roll</td><td style="text-align: right;">0.1-0.5</td></tr> </table>	Momentary arch position not shown	0.3	Poor arch shape	0.1-0.5	Lack of rhythm	0.1-0.3	Body not straight in push to support	0.1-0.3	Momentary front support not shown	0.3	Poor body shape in front support	0.1-0.5	Lack of extension in forward roll	0.1-0.5	<table border="0" style="width: 100%;"> <tr><td>Cartwheel round-off off-line</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Lack of rhythm</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Bent hips in cartwheel/round-off</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Jump not dynamic</td><td style="text-align: right;">0.3</td></tr> <tr><td>Steps / Uncontrolled landing</td><td style="text-align: right;">0.1-0.3 (each)</td></tr> <tr><td>Fall</td><td style="text-align: right;">1.0</td></tr> </table>	Cartwheel round-off off-line	0.1-0.5	Lack of rhythm	0.1-0.5	Bent hips in cartwheel/round-off	0.1-0.5	Jump not dynamic	0.3	Steps / Uncontrolled landing	0.1-0.3 (each)	Fall	1.0
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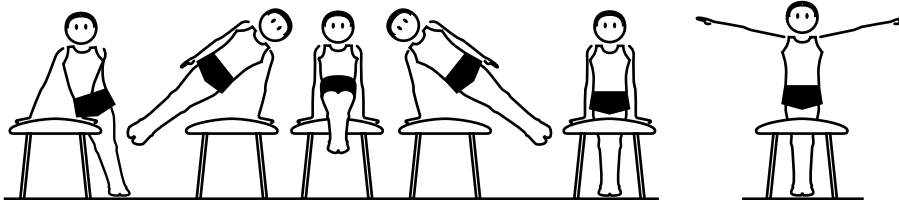
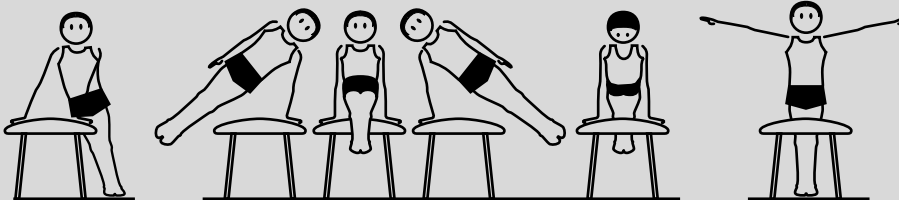
**Momentary** requires the gymnast to stop in the described position but not hold the position

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

## POMMEL HORSE – LEVEL 3

One BONUS skill

This routine is performed on a Mushroom

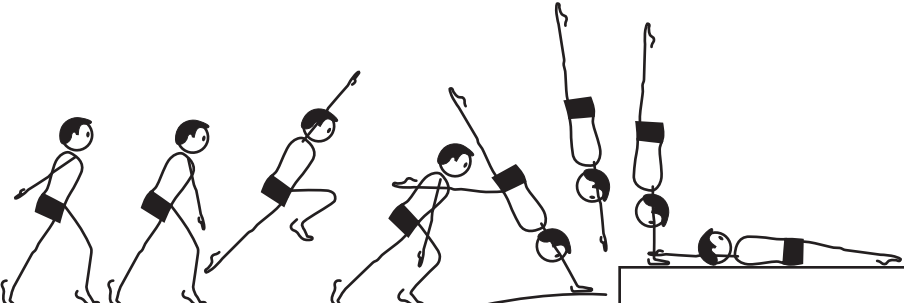
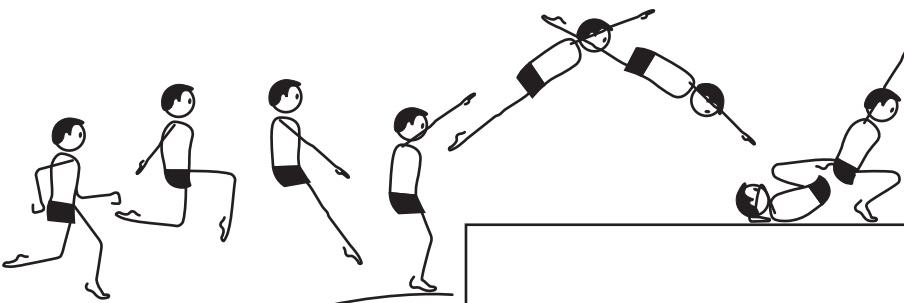
Item	Base Routine	BONUS Routine																																
Skill Value	10.0	+ 0.5																																
Required Skill	Double Leg Circle x10*	Consecutive Double Leg Circles x10*																																
	 <p style="text-align: center;">x10</p>	 <p style="text-align: center;">x10</p>																																
Technical Description	<p>From a standing position, jump or swing into double leg circle x10* (minimum). Dismount to stand at the back of final circle.</p> <p><b>NB: Circles may be performed either individually or in direct succession. Stopping after a circle is not deductible unless without two handed support or control.</b></p>	<p>From a standing position, jump or swing into consecutive double leg circles x10* (minimum). Dismount to stand at the back of final circle.</p>																																
Typical Deductions	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 70%;">Lack of extension</td> <td style="text-align: right;">0.1 (each circle)</td> </tr> <tr> <td>Bent hips</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Bent knees</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Legs apart</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Feet not pointed</td> <td style="text-align: right;">0.1</td> </tr> <tr> <td>Angular deviation (skewing)</td> <td style="text-align: right;">0.1-0.5 (each circle)</td> </tr> <tr> <td>Stop / dismount without 2-handed support</td> <td style="text-align: right;">0.3</td> </tr> <tr> <td>Fall / stop without control</td> <td style="text-align: right;">0.5</td> </tr> </table>	Lack of extension	0.1 (each circle)	Bent hips	0.1-0.5	Bent knees	0.1-0.5	Legs apart	0.1-0.5	Feet not pointed	0.1	Angular deviation (skewing)	0.1-0.5 (each circle)	Stop / dismount without 2-handed support	0.3	Fall / stop without control	0.5	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 70%;">Lack of extension</td> <td style="text-align: right;">0.1 (each circle)</td> </tr> <tr> <td>Bent hips</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Bent knees</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Legs apart</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Feet not pointed</td> <td style="text-align: right;">0.1</td> </tr> <tr> <td>Angular deviation (skewing)</td> <td style="text-align: right;">0.1-0.5 (each circle)</td> </tr> <tr> <td>Dismount without 2-handed support</td> <td style="text-align: right;">0.3</td> </tr> <tr> <td>Fall / stop without control</td> <td style="text-align: right;">0.5</td> </tr> </table>	Lack of extension	0.1 (each circle)	Bent hips	0.1-0.5	Bent knees	0.1-0.5	Legs apart	0.1-0.5	Feet not pointed	0.1	Angular deviation (skewing)	0.1-0.5 (each circle)	Dismount without 2-handed support	0.3	Fall / stop without control	0.5
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\* No D-Jury deductions for additional circles; E-Jury deductions still apply

## VAULT – LEVEL 3

**No BONUS Vault**

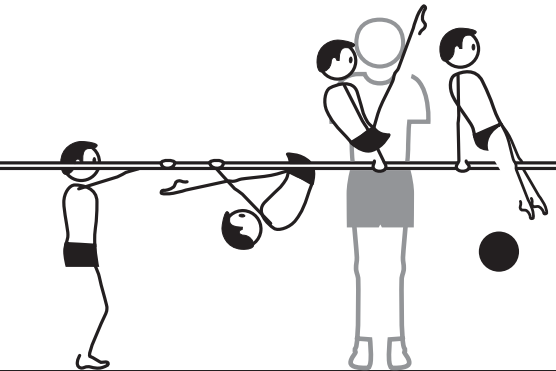
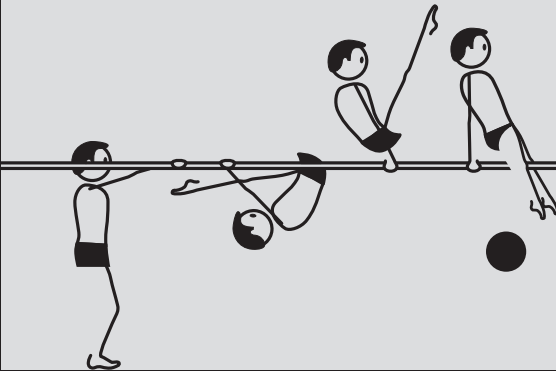
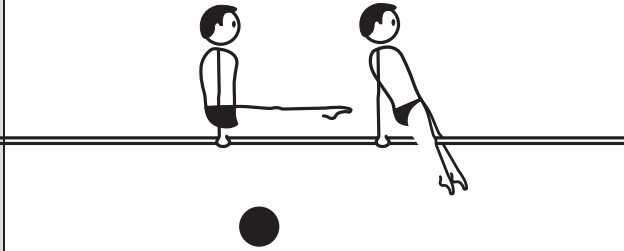
Calculation of the 2-vault combined score is at the discretion of the event organisers

Item	Vault 1	Vault 2																																										
Skill Value	10.0	10.0																																										
Required Skill	<b>Handstand Pop</b>	<b>Dive Roll</b>																																										
																																												
Technical Description	<p>From a maximum 10m run, hurdle and kick to handstand (from an underarm action) with immediate pop from springboard to handstand on 30cm matting. Fall and land in flat-back.</p> <p>* 30cm Matting = 20cm competition landing mat + 1x 10cm landing mat <b>OR</b> 1x 30cm landing mat</p>	<p>From a maximum 10m run, hurdle to a 2-footed take-off and dive roll onto 60cm matting*.</p> <p>* 60cm Matting = 20cm landing mat + 1x 10cm &amp; 1x 30cm landing mats <b>OR</b> 2x 30cm landing mats</p>																																										
Typical Deductions	<table style="width: 100%; border-collapse: collapse;"> <tr><td>No under-arm action</td><td style="text-align: right;">0.3</td></tr> <tr><td>Feet joining after vertical</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Bent Knees (after leaving floor)</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Bent hips</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Arched back</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Closed shoulders in handstand</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Bent arms</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Feet not pointed</td><td style="text-align: right;">0.1</td></tr> <tr><td>Lack of rhythm (in rebound)</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>No rebound from hands</td><td style="text-align: right;">0.5</td></tr> </table>	No under-arm action	0.3	Feet joining after vertical	0.1-0.5	Bent Knees (after leaving floor)	0.1-0.5	Bent hips	0.1-0.5	Arched back	0.1-0.5	Closed shoulders in handstand	0.1-0.5	Bent arms	0.1-0.5	Feet not pointed	0.1	Lack of rhythm (in rebound)	0.1-0.3	No rebound from hands	0.5	<table style="width: 100%; border-collapse: collapse;"> <tr><td>No under-arm swing on take-off</td><td style="text-align: right;">0.3</td></tr> <tr><td>Poor body shape (slight arch is ideal)</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Lack of height (at peak of flight)</td><td></td></tr> <tr><td>    • at or below head height</td><td style="text-align: right;">0.1</td></tr> <tr><td>    • at or below shoulder height</td><td style="text-align: right;">0.3</td></tr> <tr><td>    • at or below chest height</td><td style="text-align: right;">0.5</td></tr> <tr><td>    • at or below hip height</td><td style="text-align: right;">1.0</td></tr> <tr><td>Bent knees</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Feet not pointed</td><td style="text-align: right;">0.1</td></tr> <tr><td>Steps / uncontrolled landing</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>Fall</td><td style="text-align: right;">1.0</td></tr> </table>	No under-arm swing on take-off	0.3	Poor body shape (slight arch is ideal)	0.1-0.5	Lack of height (at peak of flight)		• at or below head height	0.1	• at or below shoulder height	0.3	• at or below chest height	0.5	• at or below hip height	1.0	Bent knees	0.1-0.5	Feet not pointed	0.1	Steps / uncontrolled landing	0.1-0.3	Fall	1.0
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## PARALLEL BARS – LEVEL 3

One **BONUS** skill (page 1/2)

Parallel Bars should be set to the minimum height settings

Item	Skill 1	Skill 1 – BONUS	Skill 2
<b>Skill Value</b>	3.0	+ 0.5	1.5
<b>Required Skill</b>	Basket Kip (Coach Assisted) to Straddle Sit (2 Sec)	Basket Kip (unassisted) to Straddle Sit (2 Sec)	L-Sit (2sec), Straddle Sit
			
<b>Technical Description</b>	From a still stand, jump into immediate drop kip with coach assistance to straddle L-sit (hold 2 seconds).	From a still stand, jump into immediate drop kip to straddle sit (hold 2 seconds).	Li legs off the bars to L-Sit (hold 2 seconds). Open legs to rest on bars in straddle sit.
<b>Typical Deductions</b>	Bent knees 0.1-0.5 Bent arms 0.1-0.5 Hips dropping below bars in support 0.1-0.5 Feet not pointed 0.1 Hold < 2 seconds 0.3 No hold 0.5 Bent hips in straddle sit 0.1-0.5	Bent knees 0.1-0.5 Bent arms 0.1-0.5 Hips dropping below bars in support 0.1-0.5 Feet not pointed 0.1 Hold < 2 seconds 0.3 No hold 0.5 Bent hips in straddle sit 0.1-0.5	Bea ng / Bouncing legs off the bars 0.3 Bent knees 0.1-0.5 Legs not horizontal 0.1-0.5 Feet not pointed 0.1 Hold < 2 seconds 0.3 No hold 0.5 Bent hips in straddle sit 0.1-0.5

## PARALLEL BARS – LEVEL 3

Level 3 cont. (page 2/2)

Item	Skill 3	Skill 4	Skill 5
Skill Value	1.5	2.0	2.0
Required Skill	Lift towards V-Sit	Support Swing x 2	Side Dismount
Technical Description	From straddle sit lift legs, with straight knees, towards V-sit.	Push hips forwards to swing backwards to horizontal and forwards to horizontal x2.	On 3 <sup>rd</sup> swing backwards to 45° above horizontal, step one hand over to dismount over the side to stand.
Typical Deductions	Beating / Bouncing legs of the bars      0.3 Legs < 45° above horizontal              0.1-0.5 (44°-30°/29°-15°/< 15°) 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 Below horizontal                                  0.1-0.5 Back Swings Bent knees                                          0.1-0.5 Excessive arch                                    0.1-0.5 Below horizontal                                  0.1-0.5	Excessive arch                                    0.1-0.5 Bent hips                                            0.1-0.5 Bent knees                                          0.1-0.5 Body not 45° above horizontal              0.1-0.5 (44°-30°/29°-15°/< 15°) No hand step                                      0.3 Landing not parallel to the bars              0.1-0.5 Steps / uncontrolled landing                0.1-0.3 Fall                                                    1.0