



Gymnastics
Australia

Men's Artistic Gymnastics

Australian Levels Program

2022–2025

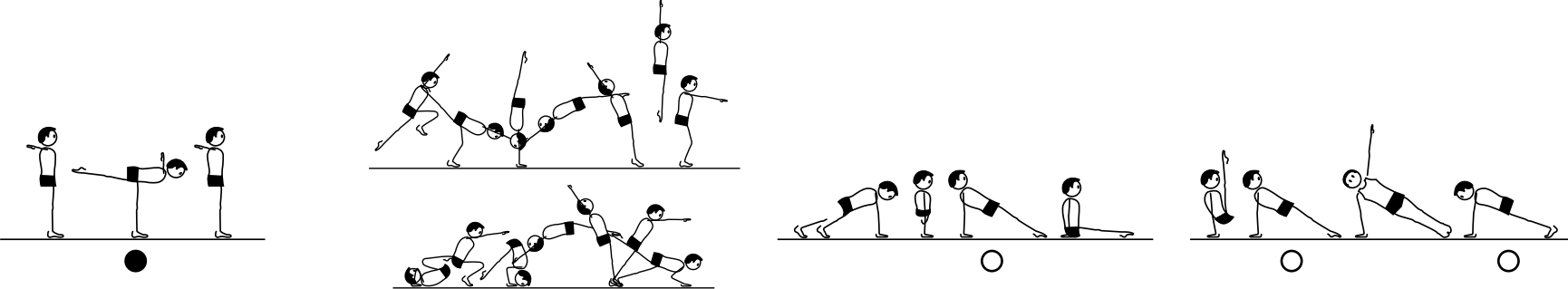


Gymnastics Australia
Men's Australian Levels Program
NATIONAL COMPETITION CURRICULUM
LEVEL 4

FLOOR EXERCISE – LEVEL 4

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

Routine should be completed in approx. 50 seconds

Item	Skill 1	Skill 2	Skill 3	Skill 4																																																						
Skill Value	1.0	2.5	1.0	1.5																																																						
Required Skill	Scale (2 Sec)	Handspring, Straight Jump, Forward Roll, Headspring, Prone	½ Circle, Rear Support	V-Sit, Rear Support, Front Support																																																						
																																																										
Technical Description	Stand inside the floor area, lift arms to a presentation position and begin the routine. Lunge step forwards and raise back leg into scale at horizontal (hold 2 seconds). Lower leg to stand.	From a short run, handspring with immediate rebound to straight jump and forward roll to headspring. Fall to prone position with one leg raised.	Step to the side and perform a ½ circle to momentary rear support. Lower to seated L-sit.	Press off the floor and lift legs upwards towards V-sit. Push forwards into momentary rear support. ½ turn to momentary front support. NB: Lift towards V-sit can come from the floor or L-sit																																																						
Typical Deductions	<table border="0"> <tr><td>Bent knees</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Back leg < 15° above horizontal</td><td></td></tr> <tr><td> 14° - horizontal</td><td style="text-align: right;">0.1</td></tr> <tr><td> 1° - 15° below horizontal</td><td style="text-align: right;">0.3</td></tr> <tr><td> < 15° below horizontal</td><td style="text-align: right;">0.5</td></tr> <tr><td>Hold < 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> </table>	Bent knees	0.1-0.5	Back leg < 15° above horizontal		14° - horizontal	0.1	1° - 15° below horizontal	0.3	< 15° below horizontal	0.5	Hold < 2 seconds	0.3	No hold	0.5	<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>Poor body shape in handspring</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>No rebound</td><td style="text-align: right;">0.3</td></tr> <tr><td>Body not stretched in roll</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Poor body shape in headspring</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>Raised leg < vertical in prone (1°-15°/16°-30°/ > 30°)</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	Poor body shape in handspring	0.1-0.5	No rebound	0.3	Body not stretched in roll	0.1-0.5	Poor body shape in headspring	0.1-0.5	Lack of rhythm	0.1-0.3	Raised leg < vertical in prone (1°-15°/16°-30°/ > 30°)	0.1-0.5	<table border="0"> <tr><td>Bent knees</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Lack of extension in DLC</td><td style="text-align: right;">0.1-0.3</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> <tr><td>Lack of rhythm</td><td style="text-align: right;">0.1-0.3</td></tr> </table>	Bent knees	0.1-0.5	Lack of extension in DLC	0.1-0.3	Momentary rear support not shown	0.3	Poor body shape in rear support	0.1-0.5	Lack of rhythm	0.1-0.3	<table border="0"> <tr><td>Non-press action towards V-sit</td><td style="text-align: right;">0.3</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>Legs > 30° from vertical (31°-45°/46°-60°/ > 60°)</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Momentary rear/front support not shown (each time)</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> <tr><td>Poor body shape in front support</td><td style="text-align: right;">0.1-0.5</td></tr> </table>	Non-press action towards V-sit	0.3	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Legs > 30° from vertical (31°-45°/46°-60°/ > 60°)	0.1-0.5	Momentary rear/front support not shown (each time)	0.3	Poor body shape in rear support	0.1-0.5	Poor body shape in front 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 4

Level 4 cont. (page 2/2)

Item	Skill 5	Skill 6	Skill 7	Skill 7 – BONUS																																																												
Skill Value	2.0	1.0	1.0	+ 0.5																																																												
Required Skill	Splits (2 Sec), Press to Stand	Handstand (2 Sec)	Round-Off, Straight Jump	Round-Off, Back Flip, Straight Jump																																																												
Technical Description	Swing one leg around to front splits (hold 2 seconds). Press with straight arms to stand. Jump with ½ turn to face down the diagonal.	Step forwards and kick to handstand (hold 2 seconds) with forward roll to stand.	From a power take-off, hurdle round-off with straight jump to stand.	From a power take-off, hurdle round-off, back handspring with straight jump to stand.																																																												
Typical Deductions	<table border="0"> <tr><td>Lack of flexibility</td><td>0.1-0.3</td></tr> <tr><td>Hold < 2 seconds</td><td>0.3</td></tr> <tr><td>No hold</td><td>0.5</td></tr> <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>Lack of rhythm in press</td><td>0.1-0.3</td></tr> <tr><td>Jump not dynamic</td><td>0.3</td></tr> </table>	Lack of flexibility	0.1-0.3	Hold < 2 seconds	0.3	No hold	0.5	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Lack of rhythm in press	0.1-0.3	Jump not dynamic	0.3	<table border="0"> <tr><td>Poor body shape in handstand</td><td>0.1-0.5</td></tr> <tr><td>Feet not pointed</td><td>0.1</td></tr> <tr><td>Hold < 2 seconds</td><td>0.3</td></tr> <tr><td>No hold</td><td>0.5</td></tr> <tr><td>Lack of rhythm</td><td>0.1-0.3</td></tr> <tr><td>Lack of extension into roll</td><td>0.1-0.5</td></tr> </table>	Poor body shape in handstand	0.1-0.5	Feet not pointed	0.1	Hold < 2 seconds	0.3	No hold	0.5	Lack of rhythm	0.1-0.3	Lack of extension into roll	0.1-0.5	<table border="0"> <tr><td>Hurdle not stretched</td><td>0.1-0.3</td></tr> <tr><td>Round-off off-line</td><td>0.1-0.5</td></tr> <tr><td>Lack of rhythm</td><td>0.1-0.3</td></tr> <tr><td>Bent hips in round-off</td><td>0.1-0.5</td></tr> <tr><td>Jump not dynamic</td><td>0.3</td></tr> <tr><td>Additional steps before hurdle</td><td>0.1 ea</td></tr> <tr><td>Steps/uncontrolled landing</td><td>0.1-0.3</td></tr> <tr><td>Fall</td><td>1.0</td></tr> </table>	Hurdle not stretched	0.1-0.3	Round-off off-line	0.1-0.5	Lack of rhythm	0.1-0.3	Bent hips in round-off	0.1-0.5	Jump not dynamic	0.3	Additional steps before hurdle	0.1 ea	Steps/uncontrolled landing	0.1-0.3	Fall	1.0	<table border="0"> <tr><td>Hurdle not stretched</td><td>0.1-0.3</td></tr> <tr><td>Round-off off-line</td><td>0.1-0.5</td></tr> <tr><td>Lack of rhythm</td><td>0.1-0.3</td></tr> <tr><td>Bent hips in round-off</td><td>0.1-0.5</td></tr> <tr><td>Poor body form in flip</td><td>0.1-0.5</td></tr> <tr><td>Jump not dynamic</td><td>0.3</td></tr> <tr><td>Additional steps before hurdle</td><td>0.1 ea</td></tr> <tr><td>Steps/uncontrolled landing</td><td>0.1-0.3</td></tr> <tr><td>Fall</td><td>1.0</td></tr> </table>	Hurdle not stretched	0.1-0.3	Round-off off-line	0.1-0.5	Lack of rhythm	0.1-0.3	Bent hips in round-off	0.1-0.5	Poor body form in flip	0.1-0.5	Jump not dynamic	0.3	Additional steps before hurdle	0.1 ea	Steps/uncontrolled landing	0.1-0.3	Fall	1.0
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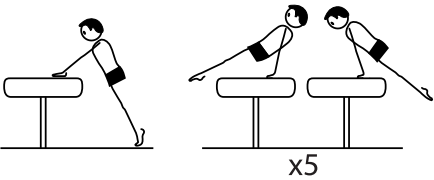
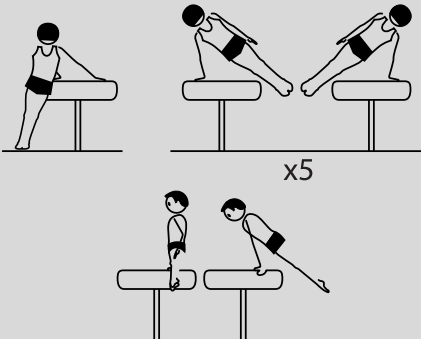
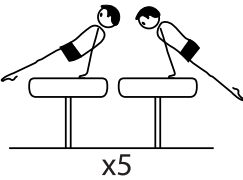
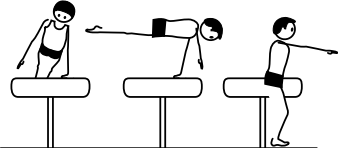
Momentary requires the gymnast to stop in the described position but not hold the position

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

POMMEL HORSE – LEVEL 4

One BONUS skill

This routine is performed on a Buck

Item	Skill 1	Skill 1 - BONUS	Skill 2	Skill 3																																																								
Skill Value	4.5	+ 0.5	4.5	1.0																																																								
Required Skill	Loop x5*	DLC x5*, ¼ Turn Backwards	Loop x5*	Wende Dismount																																																								
																																																												
Technical Description	From a standing position jump or swing into cross support circle x5 (minimum). <i>Continue onto skill 2 without stopping.</i> NB: The maximum deduction for a fall or stop is 0.5.	From a standing position jump or swing into side support circle x5 (minimum). ¼ turn backwards to front support in cross support. <i>Continue onto skill 2 without stopping.</i>	Cross support circle x5 (minimum). NB: The maximum deduction for a fall or stop is 0.5.	Wende dismount at or above horizontal to stand.																																																								
Typical Deductions	<table style="width: 100%; border-collapse: collapse;"> <tr><td>Lack of extension (per circle)</td><td style="text-align: right;">0.1</td></tr> <tr><td>Hip breaks</td><td style="text-align: right;">0.1-0.3</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>Angular deviation (skewing) (per circle)</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>Fall / stop</td><td style="text-align: right;">0.5</td></tr> </table>	Lack of extension (per circle)	0.1	Hip breaks	0.1-0.3	Bent knees	0.1-0.5	Legs apart	0.1-0.5	Angular deviation (skewing) (per circle)	0.1-0.5	Feet not pointed	0.1	Fall / stop	0.5	<table style="width: 100%; border-collapse: collapse;"> <tr><td>Lack of extension (per circle)</td><td style="text-align: right;">0.1</td></tr> <tr><td>Hip breaks</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>Angular deviation (skewing) (per circle)</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Incomplete turn</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Incorrect hand placement in turn</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>Feet not pointed</td><td style="text-align: right;">0.1</td></tr> <tr><td>Fall / stop</td><td style="text-align: right;">0.5</td></tr> </table>	Lack of extension (per circle)	0.1	Hip breaks	0.1-0.5	Bent knees	0.1-0.5	Legs apart	0.1-0.5	Angular deviation (skewing) (per circle)	0.1-0.5	Incomplete turn	0.1-0.5	Incorrect hand placement in turn	0.1-0.3	Feet not pointed	0.1	Fall / stop	0.5	<table style="width: 100%; border-collapse: collapse;"> <tr><td>Lack of extension (per circle)</td><td style="text-align: right;">0.1</td></tr> <tr><td>Hip breaks</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>Angular deviation (skewing) (per circle)</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>Fall / stop</td><td style="text-align: right;">0.5</td></tr> </table>	Lack of extension (per circle)	0.1	Hip breaks	0.1-0.5	Bent knees	0.1-0.5	Legs apart	0.1-0.5	Angular deviation (skewing) (per circle)	0.1-0.5	Feet not pointed	0.1	Fall / stop	0.5	<table style="width: 100%; border-collapse: collapse;"> <tr><td>Bent hips</td><td style="text-align: right;">0.1-0.3</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>Dismount not horizontal or > (feet at or above the shoulders)</td><td style="text-align: right;">0.3</td></tr> </table>	Bent hips	0.1-0.3	Bent knees	0.1-0.5	Legs apart	0.1-0.5	Feet not pointed	0.1	Dismount not horizontal or > (feet at or above the shoulders)	0.3
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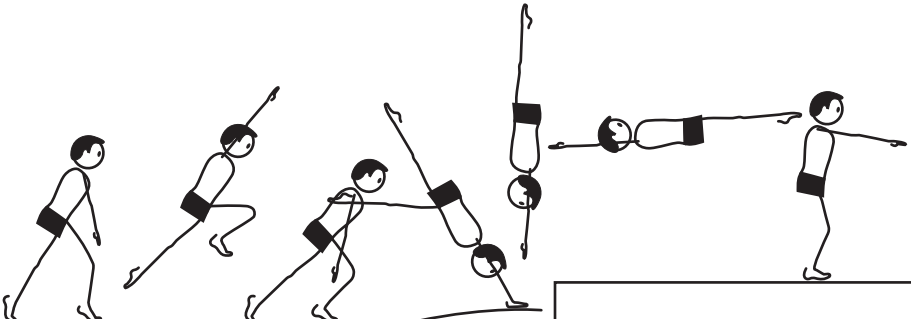
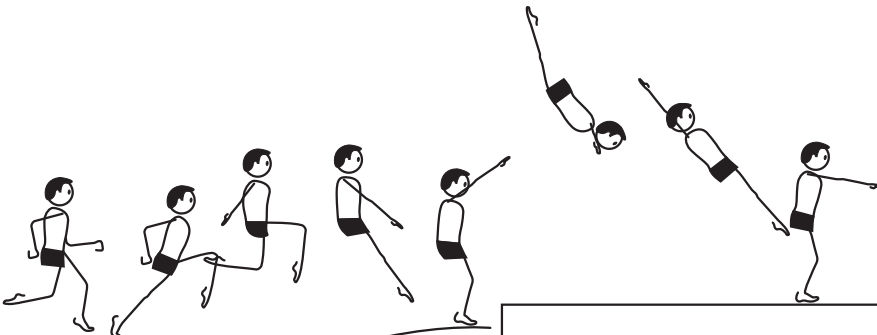
* No D-Jury deductions for additional circles; E-Jury deductions still apply

**Each missing cross support / side support circle will result in a deduction of 0.8 from the D-Score.

VAULT – LEVEL 4

No BONUS Vault

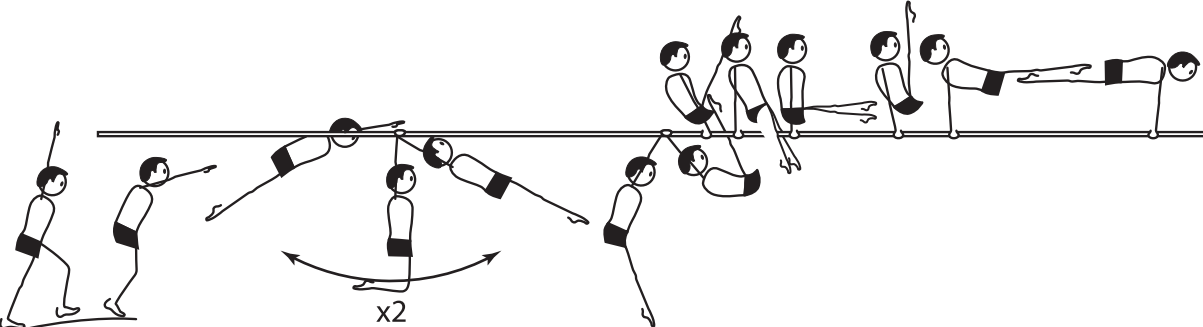
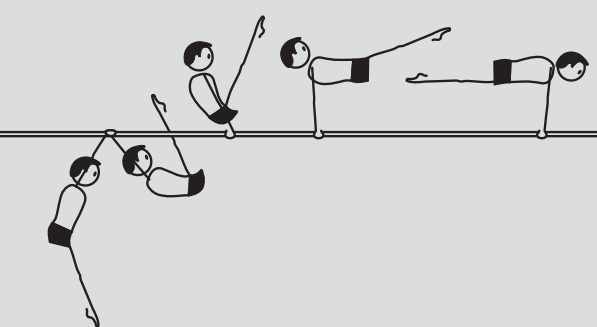
Calculation of the 2-vault combined score is at the discretion of the event organisers

Item	Vault 1	Vault 2																																										
Skill Value	10.0	10.0																																										
Required Skill	Handspring	Salto Forwards Stretched																																										
																																												
Technical Description	<p>From a maximum 25m run, hurdle and handspring (from an underarm action) from hands on springboard* to land on 30cm matting*.</p> <p>* 30cm Matting = 20cm landing mat + 1x 10cm landing mat OR 1x 30cm landing mat</p>	<p>From a maximum 25m run, hurdle to a 2-footed take-off and salto forwards stretched to land on 30cm matting*.</p> <p>* 30cm Matting = 20cm landing matting + 1x 10cm landing mat OR 1x 30cm landing mat</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;">1.0</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	1.0	<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 4

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

Minimum height of Parallel Bars should be set at 150cm from competition matting

Item	Skill 1	Skill 2	Skill 2 - Bonus
Skill Value	2.0	2.0	+ 0.5
Required Skill	Long Swing x2	Glide Kip to Straddle Support, Swing Backwards	Glide Kip, Swing Backwards
			
Technical Description	From a short run (maximum x3 steps), jump to hang, and swing forwards and backwards x2. <i>NB: no deduction for bent knees through the bottom of the swing</i>	Glide swing forwards with kip to straddle sit. Lift legs towards V-sit and swing backwards through support.	Glide swing forwards with kip to support and swing backwards through support.
Typical Deductions	Feet < bar height on front swing 0.1-0.5 Hips < bar height on back swing 0.1-0.5 Excessive pike 0.1-0.5	Bent knees 0.1-0.5 Bent arms 0.1-0.5 Beating / Bouncing off the bars 0.3 Legs < vertical in lift (1°-15°/16°-30°/> 30°) 0.1-0.5 Feet not pointed 0.1 Hips bent through lower vertical of support swing (early pike) 0.1-0.5	Bent knees 0.1-0.5 Bent arms 0.1-0.5 Feet not pointed 0.1 Hips bent through lower vertical of support swing (early pike) 0.1-0.5

PARALLEL BARS – LEVEL 4

Level 4 cont. (page 2/2)

Item	Skill 3	Skill 4	Skill 5	Skill 6																																																						
Skill Value	1.0	1.0	2.0	2.0																																																						
Required Skill	Lower to Straddle L-Sit (2 sec)	Press Backwards	Support Swing x2	Swing to Handstand, Side Dismount																																																						
Technical Description	Straddle legs and lower down to straddle L-sit (hold 2 seconds).	Press backwards through to support above horizontal.	Swing forwards to horizontal and backwards to 45° above horizontal, x2.	Swing forwards to horizontal and backwards to momentary handstand. Step one hand over and dismount to stand.																																																						
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>Legs not horizontal</td><td>0.1-0.5</td></tr> <tr><td>Feet not pointed</td><td>0.1</td></tr> <tr><td>Hold < 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	Legs not horizontal	0.1-0.5	Feet not pointed	0.1	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>Feet not pointed</td><td>0.1</td></tr> <tr><td>Legs < horizontal (1°-15°/16°-30°/> 30°)</td><td>0.1-0.5</td></tr> </table>	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Feet not pointed	0.1	Legs < horizontal (1°-15°/16°-30°/> 30°)	0.1-0.5	<table border="0"> <tr><td>Front Swings</td><td></td></tr> <tr><td>Bent hips</td><td>0.1-0.5</td></tr> <tr><td>Body < horizontal (1°-15°/16°-30°/> 30°)</td><td>0.1-0.5</td></tr> <tr><td>Back Swings</td><td></td></tr> <tr><td>Excessive arch</td><td>0.1-0.5</td></tr> <tr><td>Body < 45° above horizontal (44°-30°/29°-15°/< 15°)</td><td>0.1-0.5</td></tr> </table>	Front Swings		Bent hips	0.1-0.5	Body < horizontal (1°-15°/16°-30°/> 30°)	0.1-0.5	Back Swings		Excessive arch	0.1-0.5	Body < 45° above horizontal (44°-30°/29°-15°/< 15°)	0.1-0.5	<table border="0"> <tr><td>Momentary handstand not shown</td><td>0.3</td></tr> <tr><td>Front Swings</td><td></td></tr> <tr><td>Bent hips</td><td>0.1-0.5</td></tr> <tr><td>Body < horizontal</td><td>0.1-0.5</td></tr> <tr><td>Back Swings</td><td></td></tr> <tr><td>Excessive arch</td><td>0.1-0.5</td></tr> <tr><td>Body < vertical (< 15°/16°-30°/> 30°)</td><td>0.1-0.5</td></tr> <tr><td>No hand step</td><td>0.3</td></tr> <tr><td>Landing not parallel to bars</td><td>0.1-0.5</td></tr> <tr><td>Steps / uncontrolled landing</td><td>0.1-0.3</td></tr> <tr><td>Fall</td><td>1.0</td></tr> </table>	Momentary handstand not shown	0.3	Front Swings		Bent hips	0.1-0.5	Body < horizontal	0.1-0.5	Back Swings		Excessive arch	0.1-0.5	Body < vertical (< 15°/16°-30°/> 30°)	0.1-0.5	No hand step	0.3	Landing not parallel to bars	0.1-0.5	Steps / uncontrolled landing	0.1-0.3	Fall	1.0
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Momentary requires the gymnast to stop in the described position but not hold the position