



Gymnastics
Australia

Men's Artistic Gymnastics

Australian Levels Program

2022–2025

Table of Contents

INTRODUCTION	4
CONTRIBUTORS	5
HISTORY OF THE MAG AUSTRALIAN LEVELS PROGRAM	6
CELEBRATION OF AUSTRALIAN GYMNASTS	7
PHILIPPE RIZZO (NSW)	7
PRASHANTH SELLATHURAI (NSW)	8
JOSHUA JEFFERIS (QLD)	8
TYSON BULL (VIC)	9
COMMONWEALTH GAMES TEAM (2010)	9
ANDREI KRAVTSOV (QLD)	10
BRENNON DOWRICK OAM (ACT)	10
MAJOR CHAMPIONSHIP REPRESENTATIVES	11
OLYMPIC GAMES	11
COMMONWEALTH GAMES	11
SENIOR WORLD CHAMPIONSHIPS	12
JUNIOR WORLD CHAMPIONSHIPS	12
GYMNASTICS AUSTRALIA MAG LIFE MEMBERS	13
GYMNASTICS AUSTRALIA MAG ATHLETE AWARD OF DISTINCTION	13
GYMNASTICS AUSTRALIA MAG ATHLETE ROLL OF HONOUR	14
GYMNASTICS AUSTRALIA MAG AWARD OF MERIT	14
GYMNASTICS AUSTRALIA MAG HALL OF FAME	15
GYMNASTICS AUSTRALIA MAG JUDGES HALL OF FAME	16
GYMNASTICS AUSTRALIA MAG NATIONAL AWARDS	17
INJURY PREVENTION ESSENTIALS FOR COMPETITIVE GYMNASTS	18
SHOULDER	19
LUMBAR SPINE	20
ANKLE	21
WRIST	21
MAG IDEAL SKILLS CURRICULUM	22
MAG IDEAL SKILLS CURRICULUM – FLOOR	23
MAG IDEAL SKILLS CURRICULUM – POMMEL HORSE	24
MAG IDEAL SKILLS CURRICULUM – RINGS	25
MAG IDEAL SKILLS CURRICULUM – VAULT	26
MAG IDEAL SKILLS CURRICULUM – PARALLEL BARS	27
MAG IDEAL SKILLS CURRICULUM – HORIZONTAL BAR	28
MAG IDEAL SKILLS CURRICULUM – TRAMPOLINE	29
FOREWORD	30
AUSTRALIAN LEVELS PROGRAM	30
PROGRESSION/ASSESSMENT	30
KEY CHANGES FROM THE 2018–2021 ALP	32
NATIONAL COMPETITION PATHWAY	34
MAG ALP COMPULSORY LEVELS AGE ELIGIBILITY 2022-2025	34
GYMNASTIC AUSTRALIA NATIONAL COACHING ACCREDITATION	35



INTRODUCTION 36

1. USING THE AUSTRALIAN LEVELS PROGRAM 36

2. EVALUATION OF THE COMPULSORY EXERCISE 38

2.1 THERE ARE DEDUCTIONS IN TWO AREAS OF THE COMPULSORY EXERCISE 38

2.2 DEDUCTIONS FOR ERRORS IN INTERPRETATION 38

2.2.1 OMITTED PARTS 38

2.2.2 ADDITIONAL PARTS 38

2.2.3 PARTIAL COMPLETION OF SKILLS 38

2.3 DEDUCTIONS FOR ERRORS IN EXECUTION 39

3.ADDITIONAL NOTES REGARDING COMPULSORY EXERCISES 41

3.1 INTERRUPTION BY A FALL 41

3.2 BONUS SKILLS AND START VALUES 41

3.3 EXCESSIVE ASSISTANCE 42

4.TREATMENT OF INVALID VAULTS 42

5.COACH PRESENCE REQUIRED 42

GLOSSARY OF TERMS 43

COMPULSORY ROUTINE CLARIFICATIONS..... 46

GENERAL 46

FLOOR EXERCISE..... 46

POMMEL HORSE 47

RINGS 47

VAULT 47

PARALLEL BARS 48

HORIZONTAL BAR..... 48

NATIONAL COMPETITION CURRICULUM 49

Introduction

The GA MAG ALP is available to all MAG Technical Members of Gymnastics Australia via the member benefits section of your individual member portal at no additional cost. Routine animations can be accessed through Dartfish via member benefits. This resource is also available in digital form through mobile application available on both the Android and iOS platforms and has been set-up as an annual subscription service.

The 2022-2025 version is not an overhaul of the previous version. It is acknowledged, the work done previously remains valid and current and little change was required to ensure this resource remained world leading in developing competitive men's gymnastics for coaches, clubs and states and for preparation towards national and international competition.

The strength of the ALP is in its flexibility to allow a participant to progress their gymnastics based on their own circumstances and not be boxed in and limited the opportunity to participate. Apart from an individual not being allowed to compete below a level they have already achieved or in an age division they do not meet the minimum requirement for, a gymnast is free to move between the age and open divisions and compulsory and optional divisions as they see fit.

The ALP is one resource for assisting in developing individuals participating in men's gymnastics. The routines contained in the competition pathway should not be used as the only resource and it is encouraged, this resource is viewed as a competition curriculum, not a training program.

Competition routines have been designed and developed to be achievable and challenging but not a complete assessment of the development or progression of a gymnast. A coach, must take responsibility for providing progress in areas the competition routines do not.

The production of this manual and additional resources was only possible through the passion and time provided by key individuals who for the most part volunteered their time. It is with great thanks and appreciation to all contributors that the Men's Commission can present the 2022-2025 GA MAG ALP.



Rohan Kennedy
GA Men's National Technical Director

Contributors

Men's National Commission

Rohan Kennedy	National Technical Director (2013-2021)
Paul Szyjko	National Judging Coordinator (2013-2021)
Andrew Cordery	General Member (2013-2017)
Sean Wilson	General Member (2013-2017)
Brad Mannix	Project Member (2021)
Elliott Stitt	Project Member (2021)

ALP Working Group (2017)

John Curtin
Trent Lawrie
Alex Hunt
Kodee Voss
Yusuf Topari

State & Territory Gymnastics Associations Men's Technical Committees

ACT
NSW
NT
QLD
SA
TAS
VIC
WA

Injury Prevention & Joint Conditioning

Phil Cossens

App Development

Rohan Kennedy

Illustrations & Animations

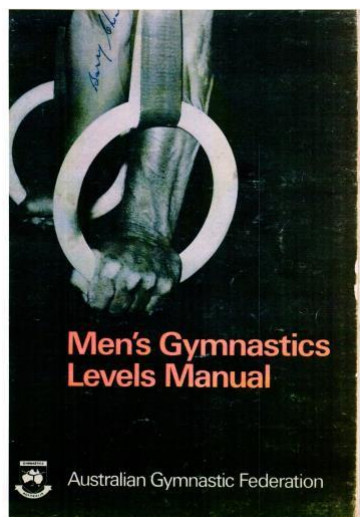
Damien Symonds

Men's Gymnastics History

Barry Cheales
Philippe Rizzo
Rohan Kennedy
Kath Graham

History of the MAG Australian Levels Program

The MAG ALP has an extensive history and has guided men's gymnastics in Australia for over 60 years. It has not always been called the ALP (Australian Levels Program) but has been integral in providing a level playing field across the country in preparation for national and international level of competition.



- 1949 to 1972 compulsory routines for MAG were distributed to state associations in paper form and included an Open division, Under 19 and under 16 divisions.
- 1972 after the Munich Olympics Jeff Cheales was appointed National Judging Director and Barry Cheales National Coaching Director. Funds were obtained from the Rothmans National Sports Foundation grant to produce a Men's Levels Manual. This contained basic conditioning suggestions with photos and a new levels 1 to 10 system of compulsory routines. This system was devised from a levels 1 to 5 system trailed in Queensland by Barry Cheales and visiting USA gymnast Dave Niemand.
- 1974 a second edition of the manual was published prior to the compulsories for the 1976 Olympics.
- 1976 – 1990 the manual was updated to reflect the changes in rules, international compulsory routines and international trends.
- 1991 Kathleen Graham appointed to the National Sports Program Committee of the day, to coordinate the production of the manual.
- 1993 introduction of a new format to outline routine descriptions and typical judging deductions.
- 1997 Change in routine construction to include bonus skills for the first time.
- 2005 introduction of a CD Version of the ALP including videos of routines for the first time.

- 2013 made freely available to Technical Members for the first time via GOL (GymnasticsOnline)
- 2014 introduction of mobile versions for use on phone and tablets, making the manual easily accessible to gymnasts and parents for the first time.
- 2018 introduction of animation to capture how each routine should be performed.
- 2018 inclusion of a section dedicated to celebrating men's gymnastics in Australia.

Celebration of Australian Gymnasts

Philippe Rizzo (NSW)

Born 1981

Phil is Australia's most successful gymnast claiming the first World Championships medal by any male or female Australian gymnast in 2001 with 2nd on Horizontal Bar and 5 years later in 2006 claiming Australia's 1st ever World Championship Gold medal also on Horizontal Bar.

Olympic Games: 2000, 2004

Commonwealth Games: 1998, 2002, 2006

World Championships: 1999, 2001, 2002, 2003, 2006, 2009

Australian Champion: 2001, 2003

Phil also placed 2nd All Around at the 2002 Commonwealth Games and 3rd in 2006.



Coaches: Vladimir Vatin, Yu Bo, Edwige & Andre Rizzo

Prashanth Sellathurai (NSW)

Born 1986

Nicknamed the 'Prince of Pommels', Prashanth exploded on the international scene in 2005 at the Melbourne World Championships where he made the Pommel Horse final in his first World Championships.

Prashanth has won 3 World medals all on Pommel Horse. 2nd in 2006 & 3rd in 2009 & 2010. He was also Commonwealth Pommel Champion in 2010. And was a team member of the historic team gold medal at the 2010 Delhi Commonwealth Games.

Commonwealth Games: 2006, 2010

World Championships: 2005, 2006, 2007, 2009, 2010, 2011, 2013, 2015



Coaches: Xiong Songliang, Robert Hong, Ken Meredith



Joshua Jefferis (QLD)

Born 1985

Josh has the prestigious accolade of being Australia's highest ranked all around gymnast at an Olympic Games placing 19th in the Individual All Around Final at the 2012 London Olympics. Also a member of the historic 2010 Delhi Commonwealth Games team and an Individual All Around Champion winning gold at the 2006 Melbourne Commonwealth Games.

Olympic Games: 2012

Commonwealth Games: 2006, 2010

World Championships: 2003, 2005, 2006, 2007, 2010, 2011

Australian Champion: 2005, 2008, 2012

Coaches: Sergei Chinkar, Vladimir Vatin, Victor Trofimov, John Curtin



Tyson Bull (VIC)

Born 1993

Tyson became Australia's 1st male artistic gymnast to qualify for an Olympic apparatus final at the Tokyo Olympic Games qualifying in 7th and finishing 5th in the Horizontal Bar final.

Having placed 11th at the World Championships on Horizontal Bar in 2018, Tyson qualified to the 2020 Olympic Games in 2019 after making his 1st World Championships apparatus final where he placed 7th.

Olympic Games: 2020

World Championships: 2017, 2018, 2019

Coaches: Vladimir Vatkin, Daniel Ribeiro,
Leon Radchenko

Tyson relocated to USA to study from 2014-2018 where he represented the University of Illinois winning 15 Horizontal Bar titles and being named an All American in 2016 for performances on Horizontal Bar.

Commonwealth Games Team (2010)

Prior to the 2010 Delhi Commonwealth Games, the Australian Men's Gymnastics Team had never claimed the top prize of Commonwealth Champions. In 2010 that changed and 5 Aussie gymnasts were written into the Australian and Commonwealth Games history books.



Left to Right

Joshua Jefferis (QLD), Samuel Offord (SA), Thomas Pichler (QLD), Prashanth Sellathurai (NSW), Luke Wiwatowski (NSW).

Recognition is extended to the following coaches for their contribution to these gymnasts and Australian Gymnastics.

Vladimir Vatkin (AIS), Sergei Chinkar (QLD), Yu Bo (SA), Xiong Songliang (NSW), Robert Hong (NSW), John Curtin (QLD), Peter Abbott (NSW), Paul Szyjko (SA), Victor Trofimov (QLD).

Andrei Kravtsov (QLD)

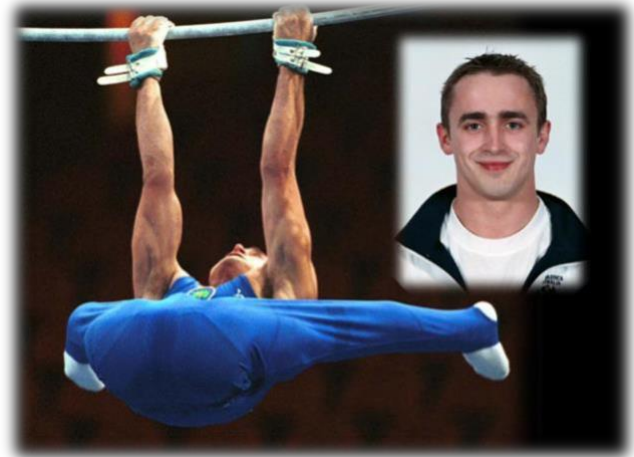
Born 1971

Andrei was a prodigious talent as a junior gymnast in Russia before leaving gymnastics to join the circus. It wasn't until the early 1990's he found gymnastics again, but this time in Australia. One of the most naturally talented gymnasts to wear the green and gold Andrei achieved outstanding results for Australia including 19th in the Individual All Around final at the 1997 World Championships and Commonwealth Games All Around Gold in 1998. At the same games, he also claimed gold on Floor, Pommel Horse & Parallel Bars as well as silver for the team placing.

Olympic Games: 1996*

Commonwealth Games: 1998

World Championships: 1995, 1997, 1999



** Andrei was selected for the 1996 Atlanta Olympic Games before having to withdraw due to injury.*

Coaches: Warwick Forbes



Coaches: Warwick Forbes, Tian Weishun, John Curtin, Ken Williamson

Brennon Dowrick OAM (ACT)

Born 1971

Brennon is one of Australia's most successful gymnasts. He has represented Australia at two Olympic games, three Commonwealth Games and seven World Championships. He was Australia's first ever gymnastics Commonwealth Games Gold Medallist in 1990, a feat he repeated in 1994. He was also Australia's first Olympic games finalist at the 1996 Atlanta Olympic Games.

Olympic Games: 1992, 1996

Commonwealth Games: 1990, 1994, 1998

World Championships: 1989, 1992, 1993, 1994, 1995, 1997, 1999

Major Championship Representatives



Olympic Games (1964 – 2021)

Brian Blackburn (1956)
Graham Bond (1956, 1960, 1964)
Werner Birnbaum (1984)
Tyson Bull (2020)
Barry Cheales (1964)
Phil Cheetham (1976)
Murray Chessel (1968)
Ian Clarke (1972)
Benjamin de Roo (1960, 1964)
Brennon Dowrick (1992, 1996)
Rob Edmunds (1984)
Marc Faulks (1964)
David Gourlay (1956)
Brett Hudson (1996)
Damian Istria (2000)
Joshua Jefferis (2012)
John Lees (1956)
Peter Lloyed (1972, 1976)
Doug Maclennan (1964)
Ken Meredith (1988)
Lindsay Nylund (1980)
Noel Punton (1956)
Bruce Sharp (1956)
Samuel Simpson (2008)
Philippe Rizzo (2000, 2004)
Ted Trainer (1964)



Commonwealth Games (1978 – 2018)

Lambert Ariens (1978)
Shaw Byng (1986)
Grant Carlyon (1986)
Brennon Dowrick (1990, 1994, 1998)
Warwick Forbes (1978)
Peter Hogan (1990, 1994)
Bret Hudson (1994, 1998)
Damian Istria (2002, 2006)
Joshua Jefferis (2006, 2010)
Nathan Kingston (1994)
Andrei Kravtsov (1998)
Tim Lees (1990)
Pavel Mamin (1998, 2002)
Michael Mercieca (2018)
Ken Meredith (1986, 1990)
Mitchell Morgans (2018)
Justin Ng (2002)
Lyndsay Nylund (1978)
Samuel Offord (2006, 2010)
Sean O'Hara (2014)
Thomas Pichler (2010)
Kent Pieterse (2014)
Chris Remkes (2018)
Jack Rickards (2014)
Blais Rizzo (1986)
Philippe Rizzo (1998, 2002, 2006)
Prashanth Sellathurai (2006, 2010)
Dane Smith (2002)
Rudy Starosta (1978)
Michael Tone (2018)
Naoya Tsukahara (2014)
Luke Wadsworth (2014, 2018)
Luke Wiwatowski (2010)



Senior World Championships (1970 – 2021)

Lambert Ariens (1974, 79)	Ken Meredith (1981, 83, 85, 87, 89)
James Bacueti (2019)	Michael Mecioca (2014, 17)
Ian Bartlett (2001, 03)	Mark Mommsen (1987, 89)
Mark Bird (1987)	Lazslo Montanyi (1989, 91)
Werner Birnbaum (1981, 83)	Mitchell Morgans (2017, 18, 19)
Tyson Bull (2017, 18, 19)	Joel Moss (2003)
Shaw Byng (1979, 81, 83, 85, 87)	Justin Ng (2001)
Grant Carlyon (1983, 85, 89)	Lynsday Nylund (1979)
John Carroll (2003)	Samuel Offord (2005, 06, 07, 09, 11)
Barry Cheales (1970)	Thomas Pichler (2005, 06, 07, 09, 10, 11)
Phil Cheetham (1974, 78, 79)	Mark Read (1997)
Ian Clarke (1970)	Christopher Remkes (2014, 17)
Scott Costin (2018)	Blaise Rizzo (1985, 87)
Damien Crozier (1994, 95)	Philippe Rizzo (1999, 01, 02, 03, 05, 06, 09)
Mathew Curtis (2007)	Prashanth Sellathurai (05, 06, 07, 09, 10, 11, 13, 15)
Brennon Dorwick (89, 92, 93, 94, 95, 97, 99)	Samuel Simpson (2006, 07)
Robert Edmonds (1981, 83, 85)	Rudy Starosta (1974)
Warwick Forbes (1978, 79)	Clay Stephens (2017, 18)
Gennady Gleyberman (1981, 83)	Mac Stirling (1979)
Daniel Grigson (1997)	Gabriel Swan-Mclean (2019)
Peter Hogan (1989, 92, 93, 94, 95)	Michael Tone (2019)
Bret Hudson (1991, 92, 93, 94, 95, 97)	Naoya Tsukahara (2013, 14, 15)
Damian Istria (1999, 01, 05)	Martin Wade (1991)
Joshua Jefferis (2003, 05, 07, 09, 10, 11)	Luke Wadsworth (2010, 11, 14)
Nathan Kingston (1992, 94, 95, 97)	Jim Wagstaff (1970)
Andrei Kravtsov (1995, 97, 99, 01)	Taka Wakamatsu (1981)
Tim Lees (1987, 91)	Trenten Wan (2014)
Adrian Looney (1999, 01)	Luke Wiwatowski (2010, 11, 13, 14, 15)
Peter Lloyd (1970)	Minoru Yamasaki (1985)
Pavel Mamin (1999, 02, 03)	
Brendan Mand (1994, 95, 97)	

Junior World Championships (2019 - 2021)

James Hardy (2019)
 Jesse Moore (2019)
 Kipp Smith (2019)

Gymnastics Australia MAG Life Members

There is only one category of Life Membership and the award shall be restricted to those whose association with GA extends for a lengthy period (at least ten (10) consecutive years or twelve (12) years of broken service of no more than two (2) breaks), at a national level and whose service to gymnastics is worthy of the highest honour. Service to GA may be as an athlete, coach, official or administrator.

Harry Morris* (VIC)	Murray Chessell OAM (VIC)
Jim Thompson (SA)	Jim Brown* (NSW)
Jeff Cheales OAM (QLD)	Bob Wherrett (TAS)
Bill Wilson* (NSW)	Daren Wolfe (QLD)
Lance Otto OAM (SA)	Tim Quinlivan (QLD)
Ken Williamson OAM (VIC/ACT)	Kathleen Graham OAM (QLD/ACT)
Paul Szyjko (SA)	Brennon Dowrick OAM (QLD)
Jack Carey* (VIC)	

* Deceased

Gymnastics Australia MAG Athlete Award of Distinction

Athlete Award of Distinction pins are awarded to athletes who attend the Olympic Games or Senior World Championships and/or the Commonwealth Games.

Graham Bond* (QLD)	Rob Edmonds (QLD)	Justin Ng (NSW)
David Gourlay (VIC)	Ken Meredith ACT	Dane Smith (QLD)
John Lees (VIC)	T. Wakamatsu (WA)	John Carroll (WA)
Bruce Sharp (NSW)	Minoru Yamasaki (NT)	Joshua Jefferis (QLD)
Brian Blackburn (NSW)	Blaise Rizzo (NSW)	Joel Moss (ACT)
Noel Punton (VIC)	Grant Carlyon (QLD/WA)	Prashanth Sellathurai (NSW)
Benny De Roo (NSW)	Tim Lees (VIC)	Samuel Offord (SA)
Ted Trainer (NSW)	M. Mommsen (ACT)	Thomas Pichler (QLD)
Marc Faulks (NSW)	Brennon Dowrick OAM (ACT)	Samuel Simpson (QLD)
Doug MacLennan (NSW)	Peter Hogan (NSW)	Matthew Curtis (NSW)
Barry Cheales OAM (QLD)	Bret Hudson (NSW)	Luke Wadsworth (VIC)
Murray Chessell (VIC)	L. Montanyi (NSW)	Luke Wiwatowski (NSW)
Ian Clarke (VIC)	Nathan Kingston (QLD)	Naoya Tsukahara (QLD)
Peter Lloyd (VIC)	Damien Crozier (ACT)	Michael Mercieca (QLD)
Phil Cheetham (NSW)	Brendon Mand (WA)	Christopher Remkes (SA)
Rudi Starosta (VIC)	Andrei Kravtsov (QLD)	Mitchell Morgans (QLD)
Lindsay Nylund (WA)	Daniel Grigson (WA)	Tyson Bull (VIC)
Warwick Forbes (WA/NSW)	Pavel Mamine (QLD)	Clay Stephens (SA)
Mac Stirling (QLD)	Philippe Rizzo (NSW)	Trenten Wan (QLD)
Shaw Byng (NSW)	Damian Istria (QLD)	Kent Pieterse (VIC)
Werner Birnbaum (NSW)	Sean O'Hara (SA)	James Bacuetti (ACT)
Jack Rickards (NSW)	Scott Costin (QLD)	Gabriel Swan-McLean (NSW)
Michael Tone (QLD)	Adrian Looney (QLD)	
Gennady Gleyberman (VIC)	Ian Bartlett (NSW)	

* Deceased

Gymnastics Australia MAG Athlete Roll of Honour

The Roll of Honour recognises outstanding performance by Australian athletes and takes into account their performance at the Olympic Games, World Championships, Commonwealth Games and other major international events.

Brian Blackburn (NSW)	Bret Hudson (NSW)
Werner Birnbaum (QLD)	Damian Istria (QLD)
Graham Bond* (QLD)	Joshua Jefferis (QLD)
Shaw Byng (NSW)	Andrei Kravtsov (QLD)
Grant Carlyon (WA)	John Lees (VIC)
Barry J Cheales, OAM (QLD)	Timothy Lees (VIC)
Phillip Cheetham (NSW)	Peter Lloyd (VIC)
Murray Chessell (VIC)	Doug McLennan (NSW)
Ian Clarke (VIC)	Ken Meredith (QLD)
Stan Davies (VIC)	Mark Mommsen (ACT)
Bennie De Roo (NSW)	Lindsay Nylund (WA)
Blair Dixon (VIC)	Samuel Offord (SA)
Brennon Dowrick (ACT)	Thomas Pichler (QLD)
Robert Edmunds (QLD)	Noel Puntun (VIC)
Marcus Faulks (NSW)	Blaise Rizzo (NSW)
Warwick Forbes (WA)	Philippe Rizzo (NSW)
Gennady Gleyberman (VIC)	Prashanth Sellathurai (NSW)
David Gourlay (VIC)	Bruce Sharp (NSW)
Peter Hogan (NSW)	Ted Trainer (NSW)
	Minoru Yamasaki (QLD)

* Deceased

Gymnastics Australia MAG Award of Merit

An Award of Merit is presented by the Gymnastics Australia Board to any person who has demonstrated positive and meritorious service to Gymnastics Australia at national level for not fewer than five years.

John Atkinson (GBR)	Dexter Lorbach (VIC)
Graham Bond* (QLD)	Alistair Low* (VIC)
Michael Burnett (TAS)	Yoshiteru Matsuzaki (JPN)
Barry Cheales OAM (QLD)	Tim Quinlivan (QLD)
Jeff Cheales OAM (QLD)	Keith Russell (CAN)
Peter Chen (NZL)	Gene Schembri (ACT)
Andrew Cordery (SA)	Paul Szyjko (SA)
Stan Davies (VIC)	Chris Timpson (ACT)
Brennon Dowrick (QLD)	Frank Vig (QLD)
Warwick Forbes (ACT)	Bob Wherrett (TAS)
Kathleen Graham OAM (ACT/QLD)	John Wilby* (QLD)
Rohan Kennedy (NSW)	Ken Williamson (VIC) / (ACT)
	Daren Wolfe (QLD)

* Deceased

Gymnastics Australia MAG Hall of Fame

In 2012, Gymnastics Australia established The Hall of Fame Award to recognise any athlete or coach who is determined to have achieved “legend” status in the sport of gymnastics. Hall of Fame Award is not a recognition of service or longevity.

Serguei Chinkar

- MAG High Performance Coach in Australia for over 20 years
- QAS Head Coach from 1998-2008 & MAG NCE Coach from 2015-2017
- Coached athletes to 3 Olympic Games (2000, 2008, 2012)
- Coached athletes to 5 Commonwealth Games (2002, 2006, 2010, 2014, 2018)
- Coached Damian Istria to 2005 World Championships High Bar final
- Coached Commonwealth Games Gold Medallist in 2006 (Damian Istria) & 2010 (Thomas Pichler)
- Coached athletes to the World Championships from 1999 to 2014

Songliang Xiong

- MAG High Performance Coach in Australia for over 20 years
- QAS Senior Coach for 9 years & NSWIS/NSWHPC Head Coach from 1999-2016
- Australian Team Coach at Commonwealth Games and World Championships for over 10 years
- Coached Prashanth Sellathurai throughout his Senior career, including:
 - 2006 World Championships Silver medallist (Pommel)
 - 2006 Commonwealth Games dual Silver Medallist (Team and Pommel)
 - 2009 & 2010 World Championships Bronze Medallist (Pommel)
 - 2010 Commonwealth Games dual Gold Medallist (Team & Pommel) and Bronze Medallist (Parallel Bars)
 - 2011 World University Games Gold Medallist (Pommel)
 - 7 Time Senior National Pommel Champion

Prashanth Sellathurai

- 8 Time World Championship Team member
- 2006 World Championships Silver medallist (Pommel)
- 2006 Commonwealth Games dual Silver Medallist (Team and Pommel)
- 2009 & 2010 World Championships Bronze Medallist (Pommel)
- 2010 Commonwealth Games dual Gold Medallist (Team & Pommel) and Bronze Medallist (Parallel Bars)
- 2011 World University Games Gold Medallist (Pommel)
- 7 Time Senior National Pommel Champion

Brennon Dowrick

- First Australian Commonwealth Games Gold medallist 1990 and 1994 (*Pommel Horse*)
- First Australian gymnast to make an Olympic Final (*1996*)
- 8 Commonwealth Games individual medals (*2 Gold, 1 Silver, 5 Bronze*)

Represented Australia at:

- 2 Olympic Games (1992, 1996)
- 7 World Championships (1989, 1992, 1993, 1994, 1995, 1997, 1999)
- 3 Commonwealth Games (1990, 1994, 1998)

Philippe Rizzo

- 2001 World Championships Silver medallist (High Bar)
- 2006 World Championships Gold medallist (High Bar)
- 7 Commonwealth Games individual medals (3 Gold, 2 Silver, 2 Bronze)

Represented Australia at:

- 2 Olympic Games (2000, 2004)
- 7 World Championships (1999, 2001, 2002, 2003, 2005, 2006, 2009)
- 3 Commonwealth Games (1998, 2002, 2006)

Ken Meredith

- First Australian international All Around medal (1988)
- 1990 Commonwealth Games Silver medallist (Parallel Bars), Bronze medallist (Rings)

Represented Australia at:

- 1 Olympic Games (1988)
- 5 World Championships (1981, 1983, 1985, 1987, 1989)
- 1 Commonwealth Games (1990)

Bret Hudson

- 1994 Commonwealth Games Gold medallist (Vault)
- 1998 Commonwealth Games Bronze medallist (Vault, Parallel Bars)

Represented Australia at:

- 1 Olympic Games (1996)
- 6 World Championships (1991, 1992, 1993, 1994, 1995, 1997)
- 2 Commonwealth Games (1994, 1998)
- Silver medallist All-Around - 1978 Edmonton, Canada, Commonwealth Games
- All-Around finalist, 1980 Moscow Olympic Games

Gymnastics Australia MAG Judges Hall of Fame

The judges Hall of Fame has been implemented to recognise those who have contributed to the development and professionalism of men's judging over a period of time of at least 15 years at FIG or National level.

Rob Allan (NSW)	Andrew Martin (TAS)
Nadal Alyousef (VIC)	Colin Morwood (QLD)
Jim Barry (VIC)	Lance Otto (SA)
Alan Burn (QLD)	Tim Quinlivan (QLD)
Jeff Cheales OAM (QLD)	Peter Sharpe (SA)
John Curtin (QLD)	Jan Smart (VIC)
John Dorrington (VIC)	Greg Smyth (QLD)
Julian Fritz (WA)	Paul Szyjko (SA)
Kath Graham OAM (ACT/QLD)	Jim Thompson (SA)
John Hargreaves (TAS)	Brian Wade (ACT)
Josh Holmes (NSW)	Ken Williamson (NSW)
Rohan Kennedy (NSW)	Daren Wolfe (QLD)

Gymnastics Australia MAG National Awards

As one of the recognised Gymsports within Gymnastics it is important that the gymnasts, coaches, and clubs working hard to ensure success within Men's Artistic Gymnastics are recognised for their contributions and achievements. The Annual National Men's Artistic Gymnastic Awards are designed to do just that - recognise Men's Artistic Gymnastics members for their outstanding achievements, contributions and dedication to the sport.

The commitment and support shown by all of the below coaches, leaders, clubs and administrators has been outstanding and the National Awards bestowed on each is only a small token of the sports' thanks for this dedication.

Year	Snr International Gymnast	National Levels Gymnast	Jnr International Gymnast	National Levels Coach Award	International Coach Award
2020	No National Events due to COVID 19				
2019	Mitchell Morgans (QLD)	Kynam Whitehead (VIC)	Jesse Moore (SA)	Hong Gen Wang (VIC)	Hongwei Du (NSW)
2018	Christopher Remkes (SA)	Sam Favilla (QLD)	Jesse Moore (SA)	Micheal Donnet (QLD)	Sean Wilson (QLD)
2017	Christopher Remkes (SA)	Adam Rusgnach (NSW)	Indigo Dragon (QLD)	Robert (Yi Jun) Hong (NSW)	Sean Wilson (QLD)
2016	Christopher Remkes (SA)	Rasmus Breth-Petersen (NSW)	Heath Thorpe (VIC / QLD)	Ming Lu (NSW)	Shachar Tal (VIC)
2015	Naoya Tsukahara (QLD)	Rasmus Breth-Petersen (NSW)	Jack Reik (QLD)	Jack Coates (QLD)	Yu Bo (SA)
2014	Naoya Tsukahara (QLD)	Joseph D'Souza Bullman (NSW)	Clay Stephens (SA)	Myles Cronin (QLD)	Yu Bo (SA)
2013	Prashanth Sellathurai (NSW)	Daniel Bell (TAS)	Scott Brooks (VIC)	Kodee Voss (TAS)	QLD High Performance Centre (QLD)
2012	Joshua Jefferis (QLD)	Daniel Orman (QLD)	Brody-Jai Hennessy (QLD)	Niall O'Leary (QLD)	Sergei Chinkar (QLD)
2011	Prashanth Sellathurai (NSW)	Jack Norman (QLD)	Tyson Bull (VIC)	Niall O'Leary (QLD)	Songliang Xiong (NSW)
2010	Sam Offord (SA)	Benjamin Latta (VIC)	Tyson Bull (VIC)	Zou Li Min (ACT)	QAS Gymnastics (QLD)
2009	Prashanth Sellathurai (NSW)	David Rodgers (NSW)	Luke Wadsworth (VIC)	Antoine Rizzo (NSW)	Xiong Songliang (NSW)
2008	Philippe Rizzo (NSW)	Matthew Angel (NSW)	Mathew Curtis (QLD)	Mark Forrest (NSW)	Vladimir Vatin (AIS)
2007	Prashanth Sellathurai (NSW)	Bradley Mannix (VIC)	Mathew Curtis (QLD)	Jack Coates (QLD)	Serguei Chinkar (QLD)
2006	Philippe Rizzo (NSW)	Bradley Harrison (SA)	Martin Jozwiak (WA)	Jamie Cannon (QLD)	Vladimir Vatin (AIS)
2005	Damian Istria (QLD)	-	Luke Wiwatowski (NSW)	Zou Li Min (ACT)	Sergei Chinkar (QLD)
2004	Philippe Rizzo (NSW)	Shaun Holloway (NSW)	Thomas Pichler (QLD)	Adrian Looney (QLD)	Sergei Chinkar (QLD)
2003	Philippe Rizzo (NSW)	-	Joshua Jefferis (QLD)	Martin Shields (NSW)	Vladimir Vatin (AIS)
2001-2002*	Philippe Rizzo (NSW)	Luke Rammel (NT)	Joshua Jefferis (QLD)	Martin Shields (NSW)	Sergei Chinkar (QLD)
2000-2001*	Philippe Rizzo (NSW)	Matt Whitland (NSW)	Damien Istria (QLD)	Mark Forrest (NSW)	Vladimir Vatin (AIS)
1999	Andre Kravtsov (QLD)	Jeb Silsbury (SA)	Damien Istria (QLD)	Mark Forrest (NSW)	Serguei Chinkar (QLD)
1998	Andre Kravtsov (QLD)	Ben Sutherland (NSW)	Philippe Rizzo (NSW)	Bruce Edwards (SA)	Vladimir Vatin & Yu Bo (AIS)
1997	Andre Kravtsov (QLD)	Aaron Bloomfield (NSW)	Adrian Looney (QLD)	Lu Ming (NSW)	Song Liang Xiong (QLD)
1996	-	-	-	Bob Morton (ACT)	



Gymnastics
Australia



Men's Artistic
Gymnastics

** Due to the combination of the Men's National Events (ie Levels and Elite) in 2001 and the fact that there was 18 months between events from 2000 -2001, the awards for 2000 and 2001 as well as 2001 - 2002 were combined.*

Injury Prevention Essentials for Competitive Gymnasts

Prepared by Phillip Cossens, MAG Australian Team Physiotherapist 2005-2017

Competitive gymnasts achieve elite levels of fitness throughout their body tissues. This can be demonstrated by development of muscular strength and flexibility, motor coordination and balance, postural control, and very high levels of bone density (Taaffe et al. 1997). Evidence also exists highlighting the importance of high levels of physical activity through the pubertal years for long-term health of joint cartilage and tendon structure (Carter et al. 2004, Heinemeier 2013). Although significant benefits exist for the long-term health of our young gymnasts, regular gymnastics training does come with a notable risk of injury. Risk of acute injury is minimised through excellence in coach education, including coaching practices such as safe skill progression, appropriate use of protective equipment or apparatus, and direct athlete spotting when required. Australian coaches are to be commended for their commitment to athlete safety, as despite the difficulty of skills performed by our young gymnasts, acute injuries remain infrequent.

Overuse injuries however, remain a significant concern for developing athletes. Injury data collected amongst our Senior and Junior National Squad athletes between 2013 and 2017 indicate that approximately 60% of injuries are diagnosed as overuse injuries (Cossens, unpub). It is important to note that an 'overuse' injury occurs when the ongoing load applied to body tissues exceeds the tissue tolerance. The definition therefore does not relate primarily to total training numbers performed, but more importantly the training load applied in comparison to tissue fitness developed through previous progressive training. While overuse injuries remain common in gymnastics, an opportunity presents for reduction of injury rates and reduction of training time lost due to injury. The first and primary method for injury prevention is through consistency in training load. This applies across all levels of gymnastics, as every athlete's tissues will respond to training load when progressive overload principles are applied. Significant evidence exists in other sports to demonstrate that injury risk can be calculated by comparing an athlete's recent training load (one week), and comparing to their regular long-term training load (one month). In current medical literature, this is termed the acute to chronic workload ratio, and a ratio of >1.5:1 (one week load >150% of monthly average) has been demonstrated to be associated with increased injury occurrence in the subsequent four weeks (Gabbett 2016). It is worth noting here that the injury does not necessarily occur immediately when training increases, but some time in the next four weeks, therefore making it more difficult for coaches to identify the causal factors.

Gymnastics Australia has been progressively implementing training load monitoring amongst National Squad athletes since 2014, and the Australian Institute of Sport has provided an app for developing athletes to efficiently track their training loads. For other athletes not within the elite pathway, several options exist to monitor training loads. There are apps available for coaches to monitor a training group, or apps for individual athletes to monitor their own training load. Search your app store for examples. Alternatively, the most basic form of load monitoring may be to keep and review your daily roll call.

Identifying when athletes have been absent for several sessions over the last four weeks can give coaches important information in planning the upcoming week of training. Coaches are



encouraged to ask themselves; have I recently adjusted an individual's program dependent on their recent training history? Just because a parent pays for the gymnast to attend a certain number of training hours per week, does not mean that the athlete is physically prepared to train fully for those hours. With these factors considered, the coach then has an opportunity to implement individualised modification to training programs.

Achieving consistency in training load is the best form of achieving injury prevention throughout the body as a whole, but some body parts require particular attention. In Australian men's gymnastics, the most common locations for injury are the shoulder, wrist, lumbar spine and ankle (National squad injury data 2012-2017). The following exercises are recommended for inclusion in the regular or daily training program.

Shoulder

Inlocate/dislocate with stick or rope

- Starting behind the back in reverse grip, raise arms overhead to finish in eagle grip.
- Control the movement to avoid aggressive click-throughs
- Ensure symmetry.
- Use measurement on the stick or rope to monitor improvement.

In a cross-sectional study, a link has been found between shoulder flexibility into eagle grip and the presence of shoulder pain (Cossens & Faulkner, 2017). Although not demonstrated yet as a causal link, this finding combined with the performance benefits of gaining a good eagle grip provide enough reasoning to recommend regular stretching in this way.

Bridge

- Hands at shoulder width, push up to straighten knees and elbows
- Encourage extension through the upper back and shoulders
- For those too stiff to bridge, or those who over-extend through the lumbar spine (low back), try putting the feet onto a raised surface
- Bridge is an important stretch to encourage combined thoracic spine (upper back) extension and shoulder elevation

Many young male gymnasts perform this stretch daily, but few continue the stretch as they get older. In the same cross-sectional study mentioned above, those athletes with a good bridge also tended to have less shoulder pain (Cossens & Faulkner, 2017). While not demonstrated as a causal link, it does contribute to the importance of maintaining good thoracic extension range for all male gymnasts.

Thoracic Rotation – Bow and Arrow Stretch

- Lie on side with hips/knees bent to 90°, arms stretched out in front of chest
- Glide top hand forward and back, always moving
- Rotate trunk to reach top elbow/shoulder towards the ground
- Repeat x10 each side

Thoracic rotation stretches are not traditionally a regular stretch for gymnasts, but are a

great way to maintain thoracic mobility and facilitate improvements in thoracic extension.

Standing Arch Practice

- Stand with the arms overhead
- Arch backward to create a smooth body curve
- Identify any athletes that tend to 'fold' in one particular area of their spine (the low lumbar spine is common)
- Encourage extension through the hips
- This exercise may be important to practice for athletes who struggle to achieve a smooth curve

Lumbar Spine

Consider the range of skills that utilise an arched position, particularly those that involve impact or aggressive speed (handspring landing, front layout landing or rebound, PBars downswing for straight legged Moy). All of these skills should utilise extension through the hips and thoracic spine to avoid excessive extension loads being placed through the low back.

Front Splits

- Focus on back leg position, and deliberately stretch back leg extension more than front leg
- Keep back kneecap pointing down into the floor, and tops of all five toes touching the floor
- Keep trunk upright, don't allow athletes to bend forward as this reduces hip extension
- Use raised surface to support the hands if required

Simple things done well can sometimes be the most important. Using splits to improve hip extension flexibility can reduce extension loads placed on the lumbar spine and therefore prevent injury.

Additionally, gaining thoracic extension range will benefit the lumbar spine, just as it is valuable for the shoulders.

Ankle

Balance on Toes

- Single leg rise balance challenge
- Rise slowly onto toes maximum height, pause 5 seconds, lower slowly
- Repeat x5
- Begin on hard surface, progress to gym floor when able

Calf endurance is essential to maintain effective ankle control over a full training session. This test is a good indicator of active ankle control. Test your group to determine who needs more balance challenges in order to prevent ankle injury.

Wrist

The best method of injury prevention will be a very gradual build-up of circle numbers performed on mushroom/pommel horse. In particular, consider monitoring the number of circles performed on the leather that require a greater amount of wrist extension in weight-bearing. When considering specific exercises, most cases require an individualised approach to wrist injury prevention and management, depending on wrist mobility and strength.

References

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- Carter, D. R., Beaupré, G. S., Wong, M., Smith, R. L., Andriacchi, T. P., & Schurman, D. J. (2004). The mechanobiology of articular cartilage development and degeneration. *Clinical orthopaedics and related research*, 427, S69-S77.
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- Gabbett, T. J. (2016). The training-injury prevention paradox: should athletes be training smarter and harder?. *Br J Sports Med*, bjsports-2015.
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Video examples of the exercises outlined above are available on the GA MAG ALP app or via the benefits section in the Technical Member portal.

MAG Ideal Skills Curriculum

The Ideal Skills Curriculum is a resource provided to assist coaches in prioritising skill development on each apparatus.

In addition to the 6 competitive MAG apparatus, this resource also includes key development skills on trampoline to assist with the development of vital aerial awareness.

The age guide is a reference to highlight the development from a beginner through to a potential international gymnast. All skill development regardless of age, should include the appropriate physical preparation, strength and flexibility in all phases of learning each skill.

This guide includes two shades to highlight the phase the gymnast is in specific to each skill.

No Shade: Other skills in this section should be prioritised over this skill however appropriate physical preparation, strength and flexibility with this skill in mind can be developed.

Light Blue: Indicates the gymnast is starting to learn and develop the skill. This does not mean the gymnast can do the skill but rather, is developing the skill in some form through to successfully performing the skill in training but not yet ready to perform in testing or competition.

Dark Blue: Indicates the gymnast can perform the skill safely on a consistent basis in a testing environment either within training or competition with minimal to no errors. The gymnast has mastered the skill.

The Ideal Skills curriculum is a useful tool for Coaches & Gymnasts to prepare essential skills in a progressive manner.

MAG Ideal Skills Curriculum – Floor

	6	7	8	9	10	11	12	13	14	15	16	17
Non-Acrobatic												
Forward Roll												
Backward Roll												
Cartwheel (sideways)												
Round-off												
Handstand (30 seconds)												
Backward Roll to Handstand												
Backward Roll to Handstand w 1/2 Turn												
Endo Roll												
5 Flairs or Circles												
Backward Roll to Handstand w 1/2 Turn												
Forward Acrobatic												
Handspring												
Handspring Step Out												
Dive Roll												
Front Salto Tucked												
Fly Spring												
Front Salto Piked												
Front Salto Stretched												
Front Salto Stretched w 1/1 Turn												
Front Salto Stretched w 3/2 Turn												
Front Salto Stretched w 2/1 Turn												
Backward Acrobatic												
Flic												
Flic (x3)												
Back Salto Tucked												
Back Salto Stretched												
Back Salto Stretched w 1/1 Turn												
Back Salto Stretched w 3/2 Turn												
Back Salto Stretched w 2/1 Turn												
RO, Whip, Flic, Back Salto Tucked												
Back Salto Stretched w 5/2 Turn												
Double Back Salto Tucked												
Any "D" or Higher Double Back Salto												
Back Salto Stretched w 3/1 Turn												
Side/Arabian Saltos												
Arabian Salto Tucked/Piked												
Double Arabian Salto Tucked												
Connections												
2 or more Front Layouts												
2 or more Whips												
Any Salto Connection with min. 1 "C"												
Any Connection with min. 1 "D"												

	Athlete commences learning skill
	Athlete masters skill



Gymnastics Australia



Men's Artistic Gymnastics

MAG Ideal Skills Curriculum – Pommel Horse

	6	7	8	9	10	11	12	13	14	15	16	17
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Swings & Scissors

False Scissors												
Scissors												
Scissor to Handstand												

Circles and Spindles

Double Leg Circles on Mushroom												
Flairs on Mushroom												
Double Leg Circles on Pommels												
Loops Facing Inward												
Loops Facing Outward												
Downhill Circles												
Uphill Circles												
Double Leg Circles on One Pommel												
Loops Between Pommels												
Flairs on Pommels												
Spindle from Loop Facing Inward												

Travels

Any "B" Value Travel Element												
Magyar Travel Without Pommels												
Sivado Travel Without Pommels												
Magyar Travel With Pommels												
Sivado Travel With Pommels												

Czechs & Kehrs

Kehr Out From Pommels												
Kehr In From Pommels												
Reverse Stockli From Pommels												
Czechkehr on Pommels												
Russians												
Stockli B Out												
Stockli B In												
2 x Loops into 2 x Stockli Flop												
Any "D" or Higher skill from EG 4 (other than Flops)												

Dismounts

Any "D" or higher Handstand Dismount												
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	Athlete commences learning skill
	Athlete masters skill



Gymnastics
Australia



Men's Artistic
Gymnastics

MAG Ideal Skills Curriculum – Vault

	6	7	8	9	10	11	12	13	14	15	16	17
Basics												
Sprint												
Landing from forward straight jump from vault horse												
Landing from backward straight jump from vault horse												
Landing from front salto tucked from vault horse												
Landing from back salto tucked from vault horse												
Run, Hurdle, Straight Jump to 60cm Mat												
Run, Hurdle, Front Salto Tucked to 60cm Mat												
Run, Hurdle, Front Salto Stretched to 60cm Mat												
Handspring to Raised Platform (over-rotate to roll)												
Tsukahara Prep to Raised Platform (over-rotate to shoulder stand)												
Yurchenko Prep to Raised Platform (over-rotate to shoulder stand)												
Handspring Vaults												
Handspring Over the Horse												
Handspring on - Front Salto Tucked/Piked Off												
Tsukahara Vaults												
Tsukahara Tucked/Piked												
Kasamatsu Tucked												
Tsukahara Stretched												
Yurchenko Vaults												
Round off Flic Over a Padded Box (Yurchenko Prep)												
Yurchenko Tucked/Piked over Padded Boxes												
Yurchenko Stretched over Padded Boxes												
Yurchenko Tucked/Piked over Horse												
Yurchenko Stretched												
Advanced Vaulting												
2 Different Vaults (Minimum 3.6 D-Score)												
Any Vault with 5.6 D-Score or Higher												

	Athlete commences learning skill
	Athlete masters skill

MAG Ideal Skills Curriculum – Parallel Bars

	6	7	8	9	10	11	12	13	14	15	16	17
Support Elements												
Swings Forward & Backward in Support Near Handstand												
From L-Sit: Press to Handstand												
Swings in Support to Handstand												
Swing to Handstand with Top Pivot												
Swing to Handstand with Reverse Pivot												
Stutzkehre												
Diamidov												
Any "D" or Higher Support Element												
Upper Arm Elements												
From Upper Arm: Front Uprise, swing to handstand												
From Upper Arm: Back Uprise to Handstand												
Honma to Support, Swing to Handstand												
Long Hang Elements												
Long Hang Swings Forward & Backward to Horizontal												
Glide Kip to Support												
Moy												
Giant												
Any "D" or Higher Long Hang Element												
Basket/Felge Elements												
Felge to Handstand												
Any "E" or Higher Basket Element												
Dismount												
Backward Salto Dismount Stretched												
Double Back Salto Dismount Tucked												
Double Back Salto Dismount Piked												
	Athlete commences learning skill											
	Athlete masters skill											

MAG Ideal Skills Curriculum – Horizontal Bar

	6	7	8	9	10	11	12	13	14	15	16	17
Swings and Turns												
Variations of Grip in Hang (Top, Reverse, L)												
Swings Forward & Backward above Horizontal in Loops												
Swings Forward & Backward to Horizontal												
Backward Giants												
Forward Giants												
Swing 1/2 Turn Within 15 Degrees of Handstand x2												
Swing Fwd & Bwd with Hop Change Within 15 Degrees of Handstand x2												
Hop 1/2 Turn Within 15 Degrees of Handstand x2												
Backward Giant with 1/2 Turn to Reverse Grip (Blind Change)												
Forward Giant with 1/2 Turn to Top Grip (Top Change)												
Back Uprise to Handstand												
Releases												
Basic Release (Voronin, Tkatchev Straddled, Gienger, Jager)												
Advanced Release (Kavacs, Yamawaki, Stretched Tkatchev)												
In Bar Elements												
Cast to Handstand (Top Grip)												
Cast to Handstand (Reverse Grip)												
Kip through Support to Handstand												
Stalder Circle from Cast x3												
Endo Circle from Cast x3												
Stalder												
Endo												
Stoop & Invert Elements												
Stoop Dislocate to Handstand												
Invert Giants												
Stoop Circle to Handstand with 1/2 Turn												
Stoop Circle to Handstand with 1/1 Turn												
Dismounts												
Backward Salto Dismount Stretched												
Double Back Salto Dismount Tucked												
Double Back Salto Dismount Stretched												
Double Back Salto Dismount Stretched with 1/1 Turn												
Double Back Salto Dismount Stretched with >1/1 Turn												
Connections												
Connection of On Bar Element to Release Element (min C-D)												
Connection of Release Elements (min C-C)												
Loops Drills												
Tkatchev Tap												
Kovacs Tap												
Double Layout Dismount Tap												
	Athlete commences learning skill											
	Athlete masters skill											



Gymnastics Australia



Men's Artistic Gymnastics

MAG Ideal Skills Curriculum – Trampoline

	6	7	8	9	10	11	12	13	14	15	16	17
Backwards Saltos												
Tucked Back Salto												
Piked Back Salto												
Stretched Back Salto												
Back Layout ½ twist												
Back Layout 1/1 twist												
Back Layout 3/2 twist												
Back Layout 2/1 twist												
Double Back tucked												
Back Layout 5/2 twist												
Double Back piked												
Double Back tucked with 1/1 twist												
Back Layout 3/1 twist												
Double Back tucked with 2/1 twist												
Double Layout bwd												
Double Layout bwd with 1/1 twist												
Double Layout bwd with 2/1 twist												
Triple Back Tucked												
Forward Saltos												
Tucked Front Salto												
Piked Front Salto												
Stretched Front Salto												
Piked Front ½ twist												
Front Layout 1/1 twist												
Front Layout 3/2 twist												
Front Layout 2/1 twist												
Front Layout 5/2 twist												
Front Layout 3/1 twist												
Double Front tucked												
Double Front Tucked with 1/2 twist												
Double Front Tucked with 1/1 twist												
Double Front Tucked with 3/2 twist												
Double Front Tucked with 2/1 twist												
Double Front piked												
Double Front Piked with 1/2 twist												
Double Front Piked with 1/1 twist												
Double Front Piked with 3/2 twist												
Double Front Piked with 2/1 twist												
Triple Front tucked												

	Athlete commences learning skill
	Athlete masters skill

Foreword

AUSTRALIAN LEVELS PROGRAM

The Men's Gymnastics National Commission is pleased to present the **2022–2025** edition of the Men's Gymnastics Australian Levels Program, National Competition Curriculum.

The Australian Levels Program is designed to:

- Provide a systematic competition pathway;
- Develop and promote participation at the basic level;
- Provide enjoyable opportunities for as many boys, youths and adults as possible to participate in gymnastics and to become competitive at a national level or with a higher level of commitment, to become international class athletes.

The competition curriculum has two types of routine structures. Compulsory routines and Optional routines. Compulsory routines provide coaches with a systematic pathway from beginner through to potential international. Optional routines allow gymnasts to start preparing for more advanced gymnastics and international gymnastics and competition formats.

It is important to highlight; the ALP competition curriculum should not be used exclusively for developing a gymnast. A coach and/or program needs to adopt a much broader training approach that will benefit the development of the gymnast.

PROGRESSION/ASSESSMENT

The skills set down in the program are the minimum requirements. Whilst the routines are the standard for both the coach and the gymnast in progression and the levels of competition, in no way should it restrain coaches from using their own initiative in the use of supplementary work for the gymnast.

Testing of gymnasts in Levels 1-10 should be conducted in the form of a Levels Test with appropriately qualified judges. The actual format for this may vary from state to state and may also take place in formal competition settings. A gymnast can achieve success at each level by achieving a specified minimum all-around score while at the same time demonstrating a minimum standard of proficiency on each apparatus. The Commission recognizes that gymnasts develop their proficiencies on different apparatus at different rates and encourages states to offer individual apparatus upgrades as gymnasts progress through the Compulsory Levels. Within an all-around test/competition, the gymnast may elect to perform/compete on one or more apparatus (max of 3 in any one event) at a level higher than the all-around level in which he is performing. In this way, he may still achieve the minimum all-around score for one level and the required score for a particular apparatus at a higher level. In a competition format, this offers no disadvantage to other competitors as the routine on the elected apparatus will be more difficult than otherwise. The Commission recommends that this be carried out for compulsory Levels 4 to 7 to avoid complications with judge / coach accreditation and apparatus settings.

The progression in Levels ultimately leads to national competition at which point all competitors must adhere to the same standards. States have their own authority to apply the ALP in the manner that they believe best works within their state's framework.

Current pass marks for each level and minimum proficiencies for each apparatus can be accessed in the MAG National Technical Regulations available on the Gymnastics Australia website.

Examples:

A Level 4 gymnast competes level 4 routines on all apparatus except Rings where he elects to compete the level 5 Rings routine.

A Level 5 gymnast wants to compete the level 6 Floor routine. As the level 6 floor routine uses a floor pattern, depending on the set-up of the event, this may not be able to be accommodated.

A level 4 gymnast wants to complete level 5 routines on Floor, Vault, Parallel Bars and Horizontal Bar, and level 4 routines on Pommel and Rings. This would not be allowed as the gymnast is doing more than 3 apparatus at a higher level, making him a level 5 gymnast and not eligible to compete level 4.

Key Changes from the 2018–2021 ALP

Changes based on community feedback

- Floor
 - Level 3 – changed terminology from punch forward roll to punch dive roll
 - Level 3 – removed jump 1/1 turn
 - Level 7 Age – removed requirement to do a half turn before lowering to prone
 - Level 7 Age – changed splits from requiring a 2sec hold to momentary
- Pommel
 - Level 3 – removed the 0.1pt deduction for stopping with 2-handed support in the base routine.
 - Level 4 – changed maximum deduction for a fall to 0.5pt
- Rings
 - Level 1 – clarified expectation to return to long hang before extending to L-sit
 - Level 2 – removed skill 5 (inverted hang) & added a 3rd long swing before the dismount
 - Level 4 – removed requirement to return to straight support before rolling backwards to inverted hang
 - Level 4 – removed requirement to keep arms straight through the transition from above to below rings
- Vault
 - Calculation of scores for two Vaults will be at the discretion of the event organisers
 - Level 3 – replaced vault 1 (handstand pop) with previous level 4 handstand pop
 - Level 4 – replaced vault 1 (handstand pop) with previous level 5 handspring
 - Level 5 – replaced vault 1 (handspring) with a new vault, handspring onto 60cm landing mat
 - Level 7 Age – removed vault 2 (round-off, salto backwards stretched)
- Parallel Bars
 - Clarified level 6 & level 7 (base routine) dismount expectations
- Horizontal Bar
 - Level 1 - clarified expectation to return to long hang before extending to L-sit

Deductions for execution errors aligned to the 2022-2024 FIG Code of Points.

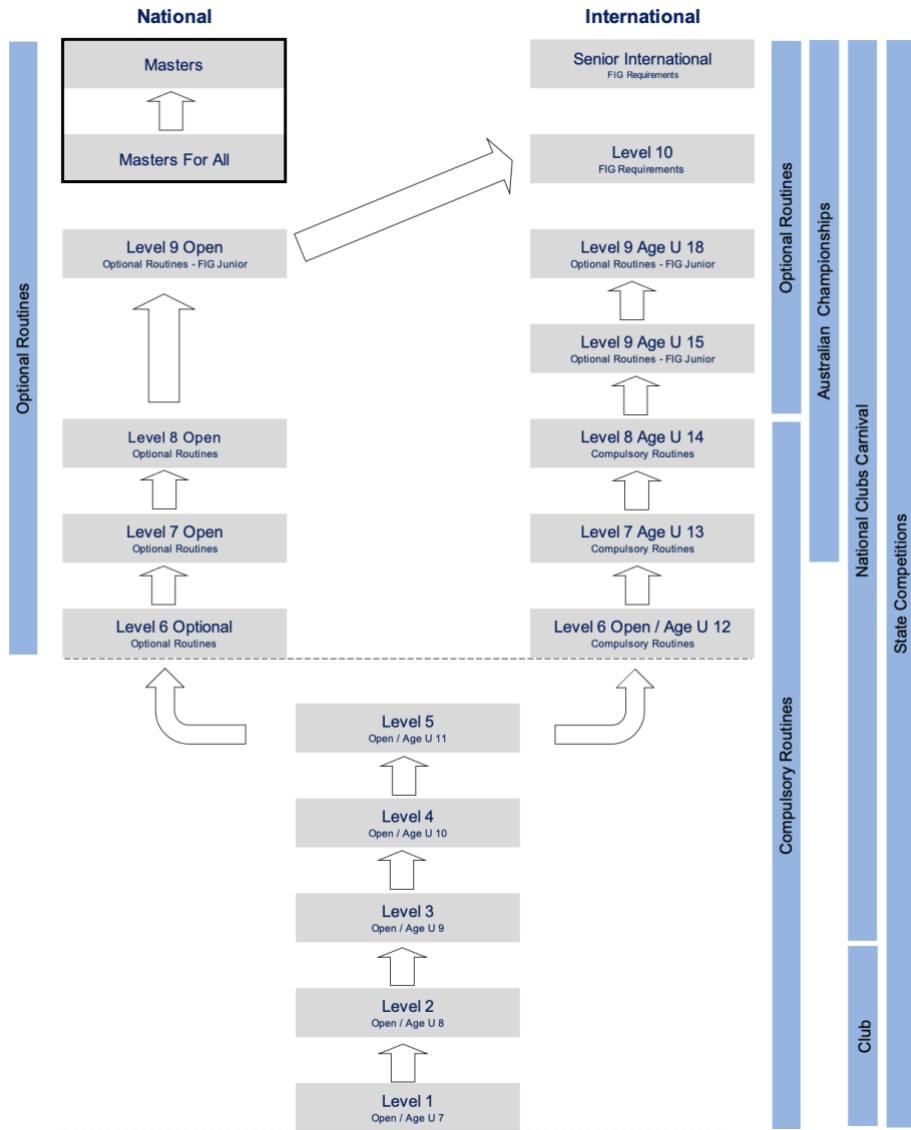
Inclusion of a 'Glossary of Terms' section

Inclusion of 'Compulsory Routines Clarifications' section

Age Division Changes

- Level 9 Under 17 has changed to Level 9 Under 18 to align with the FIG Junior International age rules

MEN'S ARTISTIC GYMNASTICS NATIONAL PROGRAM



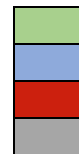
National Competition Pathway

MAG ALP Compulsory Levels Age Eligibility 2022-2025

The following table outlines the national recommended Age/Open divisions based on age and level of competition. These age recommendations will be followed at all National level events (Australian Championships, National Clubs Carnival and sanctioned selection events).

Age Level	6 Yrs	7 Yrs	8 Yrs	9 Yrs	10 Yrs	11 Yrs	12 Yrs	13 Yrs	14 Yrs
L1	Green	Green	Blue	Blue	Blue	Blue	Blue	Blue	Blue
L2	Green	Green	Green	Blue	Blue	Blue	Blue	Blue	Blue
L3	Green	Green	Green	Green	Blue	Blue	Blue	Blue	Blue
L4	Red	Green	Green	Green	Green	Blue	Blue	Blue	Blue
L5	Red	Red	Green	Green	Green	Blue	Blue	Blue	Blue
L6	Red	Red	Red	Green	Green	Green	Blue	Blue	Blue
L7	Red	Red	Red	Red	Green	Green	Green	Green	Grey
L8	Red	Red	Red	Red	Red	Red	Green	Green	Green

- Eligible to compete in the 'Age' division
- Eligible to compete in the 'Open' division
- Not eligible to compete at this level
- No 'Open Compulsory' division available



Note: The open division age is **not** restricted to 14yrs, those over the age of 14yrs at all compulsory levels fit into the 'Open' division.



Please use this table as a reference to confirm age eligibility for the period 2022-2025

Year Level	2022	2023	2024	2025
1 Age	Born 2015, 16	Born 2016, 17	Born 2017, 18	Born 2018, 19
2 Age	Born 2014, 15, 16	Born 2015, 16, 17	Born 2016, 17, 18	Born 2017, 18, 19
3 Age	Born 2013, 14, 15, 16	Born 2014, 15, 16, 17	Born 2015, 16, 17, 18	Born 2016, 17, 18, 19
4 Age	Born 2012, 13, 14, 15	Born 2013, 14, 15, 16	Born 2014, 15, 16, 17	Born 2015, 16, 17, 18
5 Age	Born 2011, 12, 13, 14	Born 2012, 13, 14, 15	Born 2013, 14, 15, 16	Born 2014, 15, 16, 17
6 Age	Born 2010, 11, 12, 13	Born 2011, 12, 13, 14	Born 2012, 13, 14, 15	Born 2013, 14, 15, 16
7 Age	Born 2009, 10, 11, 12	Born 2010, 11, 12, 13	Born 2011, 12, 13, 14	Born 2012, 13, 14, 15
8 Age	Born 2008, 09	Born 2009, 10	Born 2010, 11	Born 2011, 12
9 U15	Born 2007, 08	Born 2008, 09	Born 2009, 10	Born 2010, 11
9 U18	Born 2004, 05, 06	Born 2005, 06, 07	Born 2006, 07, 08	Born 2007, 08, 09

Gymnastic Australia National Coaching Accreditation

A Gymnastics Australia Coach Accreditation verifies that a coach has the competencies to coach gymnastics at the required level relative to the certificate obtained. Competencies for the different levels of Coach Accreditation are available on the GA website. A coach should always work within their level of competency and exercise a duty of care to participants at all times.

Accreditation	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9	Level 10
Beginner										
Intermediate										
Advanced										
Advanced Silver										
High Performance										

 Is **not** eligible to coach this level at events
 Is eligible to coach this level at events

Introduction

1. Using the Australian Levels Program

The Australian Levels Program provides information on compulsory routines for Levels 1–8.

The FIG Code of Points, rules and regulations will apply to all nationally sanctioned events in conjunction with the Men's Gymnastics Technical Regulations and ALP. National rules stated in the Levels Program and updates will always over-ride rules from the Code of Points.

Below is an explanation of the how to use the Australian Levels Program.

FLOOR - LEVEL 1

Deductions for landing errors (steps, unsteadiness, fall etc) apply

Item	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Element Value	3.0	1.5	1.5	1.5	2.5
Required Skill	From stand, Forward roll, momentary tucked handstand	Forward roll to L Sit (2 sec)	Reach forward to pike position (2 Sec)	Dish Hold (2 Sec)	
Technical Description	From stand, raise arms up sideways to vertical position. Forward roll to squat position. Place hands on floor and jump to tucked handstand position. Lower back to squat.	Forward roll to L Sit Hold 2 seconds.	Sit and stretch arms sideways and overhead and place chest to knees. Hold 2 Seconds.	Roll back to dish shape arms above head. Hold 2 seconds.	
Typical Deductions	<ul style="list-style-type: none"> a) Body not stretched. 0.1 - 0.5 b) Lack of rhythm in roll 0.1 - 0.3 c) Momentary HS not shown 0.5 d) Lack of Rhythm to/from HS 0.1 - 0.3 e) Bent arms in HS 0.1 - 0.5 	<ul style="list-style-type: none"> a) Legs not stretched in roll. 0.1 - 0.5 b) Lack of rhythm in roll 0.1 - 0.3 c) L Sit held <2 sec 0.3 	<ul style="list-style-type: none"> a) Chest not on knees 0.1 - 0.5 b) Bent legs in pike 0.1 - 0.5 c) Pike position held <2 sec 0.3 	<ul style="list-style-type: none"> a) Dish shape not shown 0.1 - 0.5 b) Dish shape held <2 sec 0.3 	<ul style="list-style-type: none"> a) Lack of rhythm in lift 0.1 - 0.3 b) Bent legs in shoulder stand 0.1 - 0.5 c) Shoulder stand not reached 0.1 - 0.5 d) Lack of rhythm in roll 0.1 - 0.3 e) Jump not 10cm 0.1 - 0.3 f) Body not straight in jump 0.1 - 0.5

Gymnastics Australia Version 1.1 October 2009

Skill number – indicates skill order and whether bonus skills are replacement or additional skills

Apparatus & Level

Additional information

Number of bonus elements

Required Skill – provides a brief description of each skill

Element Value – indicates the value of each skill (this may be divided between a group of skills)

Pictures to provide a visual example of each skill

Technical Description – provides a detailed description of each skill. Where there are any discrepancies, only the Technical Description should be referred to.

Typical Deductions – provides some examples of typical deductions. This is not an exhaustive list and other deductions may be taken.

Version Number & Date of Publication – ensure you are using the most up-to-date version

2. Evaluation of the Compulsory Exercise

2.1 There are deductions in two areas of the compulsory exercise

- Errors in interpretation
 - omission of a part of an exercise
 - addition of a part to the exercise
- Errors in execution

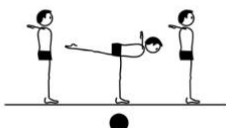
2.2 Deductions for Errors in Interpretation

Unless a specific reference has been determined, gymnasts executing compulsory routines will in principle be deemed to have presented any attempted skill. This includes where a coach has given assistance or where a fall occurs within that skill. In either event, an appropriate penalty of 1.0 points already exists.

2.2.1 Omitted Parts

For parts or connecting parts that are omitted, the value of the particular skill is deducted.

Skill 1
1.0
Scale (2 Sec)




Consider the following example. If a gymnast omits the scale the deduction would be the assigned value of 1.0 points.

This would mean that the gymnast has incurred a total deduction of 1.0 for the omission and be awarded a Start Value (D Score) of 9.0 points.

2.2.2 Additional Parts

For added parts, the deduction every time is **0.5**. Once complete, a gymnast cannot repeat a skill.

Skill 5
1.0
Inlocate



Consider the following Rings routine. If a gymnast was to perform a second inlocate then this would be an added part, and in this case, would receive a 0.5 deduction from the Start Value (D Score). Execution deductions (E Jury) may also apply.

2.2.3 Partial Completion of Skills

Some skills in the ALP are in fact combinations of skills. In the case where part of this combination is completed it is possible to split the skill value between the parts. Consider the Level 1 Floor routine; Skill 1 includes a forward roll AND a tucked handstand (Skill Value 2.5). If a gymnast only performs the forward roll before continuing the routine, he has omitted the tucked handstand and will lose partial value of that skill (in this case 1.5).

If a gymnast attempts a skill, regardless of the quality, he will always be awarded the skill value. E Jury deductions will apply.

NB: Elements completed with coach assistance (unless stated) will receive 1.0 deduction but **will receive full value of the skill from the D jury**

2.3 Deductions for Errors in Execution

For more information regarding the Evaluation by the E jury see the 2022 MAG Code of Points (FIG),

Section 8

Regulations Governing E score

Section 9

Technical Directives

The deduction for execution includes all deductions for technically incorrect performance of the exercise and incorrect form.

Errors are divided into the following three categories:

- **Small Error** **Deduction 0.1**
Near errorless or minor error in execution, slight deviation from correct position
- **Medium Error** **Deduction 0.3**
Distinct or significant deviation from errorless execution or correct position
- **Large Error** **Deduction 0.5**
Severe deviation from errorless execution or correct position (major error)
- **Fall** **Deduction 1.0**
Fall onto or from the apparatus

The following table has been adapted from the 2022 MAG Code of Points (FIG). Deductions stated in the ALP will always override deductions in the Code of Points.

The 2022 MAG Code of Points (CoP) can be downloaded from the Federation International Gymnastics (FIG) website.

www.gymnastics.sport

Menu links: Disciplines → Rules → Men's Artistic

Error	Small 0.10	Medium 0.30	Large 0.50
Deductions for aesthetic and execution errors			
Non-distinct positions (tuck, pike, straight).	+	+	+
Adjust or correct hand or grip position each time.	+		
Walking in handstand or hopping (each step or hop).	+		
Touching apparatus or floor with legs or feet.	+		
Hitting apparatus or floor.			+
Gymnast touched but not assisted by spotter during an exercise.		+	
Interruption of exercise without fall.			+
Bent arms, bent legs or legs apart.	+	+	+
Poor posture or body position or postural corrections in end positions.	+	+	+
Salto with knees or legs apart.	≤ shoulder width	> shoulder width	
Legs apart on landing.	≤ shoulder width	> shoulder width	
Unsteadiness, minor adjustment of feet, or excessive arm swings on landing.	+		
Loss of balance during any landing with no fall or hand support. (Maximum -1.0 total for steps and hops).	Slight imbalance, small step or hop, 0.1 per step	Large step or hop or touching the mat with 1 or 2 hands	
Fall or support with 1 or 2 hands during any landing.			1.0
Fall during any landing without feet contacting mat first.			1.0 and NR the "D" Jury
Atypical straddle.		+	
Other aesthetic errors.	+	+	+

Error	Small 0.10	Medium 0.30	Large 0.50
Deductions for Technical errors			
Deviations in swings to or through handstand or in circle elements.	15° - 30°	>30° - 45°	>45° and NR
Angular deviations from perfect hold positions.	up to 15°	>15° - 30°	>30° - 45° >45° and NR
Press from poorly held positions.	deductions equivalent to those for the hold position are repeated (max. 0,3)		
Incomplete twists.	up to 30°	>30° - 60°	>60° - 90° >90° and NR
Lack of height or amplitude on salto and flight elements.	+	+	
Additional or intermediate hand support.	+		
Strength with swing and vice versa. (SEE RINGS)	+	+	+
Duration of hold parts (2 sec.).		less 2 sec.	no stop and NR
Interruption in upward movement.	+	+	+
Lowering of legs on any element to handstand or hold parts.	0 - 15°	>15°-30°	>30° - 45° >45° NR.
Unsteadiness in or fall from handstand.	+	swing or big disturbance	
Fall from or onto apparatus.			1,0
Intermediate swing or layaway.		half or layaway	full
Assistance by spotter in the completion of an element.			1.0 and NR
Lack of extension in preparation for landing.	+	+	
Other technical errors.	+	+	+

3. Additional Notes Regarding Compulsory Exercises

3.1 Interruption by a Fall

If an exercise is interrupted by a fall, with or without the releasing of grip, it may be continued within 30 seconds. **The interrupted part may be repeated to ensure continuity.** If the gymnast continues from the next skill, he will still be awarded the value of the skill in which the fall occurred (D score).

3.2 Bonus Skills and Start Values



At Levels 3–8 compulsory, bonus skills have been included as an incentive to receive a higher start score.

Every routine starts with a base score of 10.0. Each bonus skill performed will receive 0.5 which increases the start value of the routine, i.e. the maximum final score may be greater than 10.0 points.

A bonus skill may either replace another in the sequence or exist as an additional skill. In either situation, the bonus skill will always lead on to the same following skill (except in the case of a dismount).


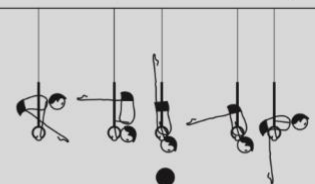
E.g. Replacement skill

In this example the gymnast performs 'L-Sit (2 Sec)' instead of a 'Tucked Support (2 Sec)' to receive bonus.

Skill 2	Skill 2 – BONUS
1.0	+ 0.5
Tucked Support (2 Sec)	L-Sit (2 Sec)
	

Eg. Additional skill

In this example the gymnast performs 'L- Sit (2 Sec) [Skill 2]', followed by 'Press to Bent-Arm Handstand (2 Sec) [Skill 3]' to receive the 0.5 bonus.

Skill 2	Skill 3 – Bonus Skill
1.0	+ 0.5
L-Sit (2 Sec)	Press to Bent-Arm Handstand (2 Sec)
	

Levels 3 and 4 have only one bonus skill on each apparatus (excluding Vault). Level 5, 6 and 7 have a maximum of two bonus skills per routine (excluding Vault). Level 8 has a maximum of three bonus skills per routine.

Note: Where a bonus skill is recognisably attempted then the bonus is to be paid, even if a large deduction is present. Presentation deductions will be taken as appropriate.

Unless a specific reference has been determined, gymnasts executing compulsory routines will be allocated bonus for attempting a bonus element. Where a bonus element is distinguished from a base element by a level of degree (as opposed to a different element) then the gymnast must clearly attain that degree. Otherwise, any attempt is sufficient to gain bonus.

3.3 Excessive Assistance

For Levels 1–5 compulsory routines, where it is permissible for a skill to be performed with coach assistance, the coach may **assist** the skill only (i.e. the gymnast must show an ability to perform the correct action). Where the gymnast is deemed to have performed the skill with **excessive assistance** a flat deduction of **0.3** will be applied. Please note this does not apply for assistance when mounting an apparatus.

4. Treatment of Invalid Vaults (FIG COP Article 13.2.2.7)

The FIG rules pertaining to invalid vaults will not apply in Australia at Levels 1–8 (including Level 7 Open and Level 8 Open) under certain conditions:

- a) When the vault was so poorly executed that it cannot be recognised
- b) Pushing off with his feet from the vault table
- c) If the gymnast double touches the vault table
- d) If on landing, the feet do not hit the ground before any other body part
- e) When the vault was executed without the hands touching the vault table (for those vaults that use a vaulting table)
- f) Intentional sideways landing.

Under these conditions the invalid vault will be assessed normally by the E jury, and the D jury will reduce the vault's normal Difficulty Value by **2.0 points**.

	Maximum Start Value (D Score)			
	No bonus skills performed	1 bonus skill performed	2 bonus skills performed	3 bonus skills performed
Levels 3 & 4	10.0	10.5	NA	NA
Levels 5, 6 & 7 u13	10.0	10.5	11.0	NA
Level 8 u14	10.0	10.5	11.0	11.5

Running related error: In the case where the gymnast runs past the board without performing a vault or he stops and backtracks to start the vault again, then the gymnast will be permitted a **second attempt**. The start score of that second vault will be reduced by **1.0 point** by the D jury. A maximum of two such attempts will be permitted at all levels (running related error provisions apply to compulsory and optional vaults at all levels).

5. Coach Presence Required

At all levels except Level 10 and Senior International, a coach is required to be present at the apparatus to potentially assist a gymnast in the event of something unexpected occurring that may place the gymnast in danger. This rule applies to rings, vault, parallel bars, and horizontal bar. During competition, coaches should attempt to position themselves to be able to readily assist the gymnast if required, but should be mindful to not obstruct the judges' view of the competing gymnast wherever possible. Judges should remind coaches of this requirement when required. The head judge on each apparatus should remind the coach of this requirement.

Glossary of Terms

The following terms are referred to throughout the ALP compulsory routines. This list is not exhaustive but offers clarification around the expectations of elements (skills) that do not have descriptive text.

If a coach does not know or understand what a term or named element is, the coach or individual seeking clarification should undertake their own research or request assistance from experts within Men's Gymnastics.

Back-Hip-Circle: An element performed on Horizontal Bar, where the gymnast rotates backwards around the bar from front support back to front support with arms straight and hips on the bar.

Bail: From handstand or backward swing towards handstand, swing forwards into a long hang swing through the lower vertical.

Basket: A position referred to on Rings and Parallel Bars. The basket position is a long hang with arms straight, hips closed, knees straight and legs horizontal.

Blind Change: On Horizontal Bar, giant swing backwards in top-grip through handstand with ½ turn to double under-grip.

Cast [Rings]: From a hanging basket position, push hips with force and control up towards the rings, open hips to long swing backwards through the lower vertical.

Cast [Horizontal Bar]: From a front support position on the bar, beat legs backwards and swing legs and hips towards handstand.

Clear-Hip-Circle: An element performed on Horizontal Bar, where the gymnast rotates backwards around the bar from front support with arms straight and hips clear of the bar. Often performed to handstand.

Counter Turn / Spindle Action: This terminology is commonly used on Pommel Horse and refers to the shoulders turning the opposite direction to the double leg circle (DLC), from a front support position to a rear support position.

Dislocate: An element specific to Rings where the gymnast swings forwards with lift and continues over the vertical to long hang swing.

DLC: Double Leg Circle on Pommel Horse, buck, mushroom or on floor.

Double Leg Circle: (DLC) Performed primarily on Pommel Horse but also on Floor, a DLC starts in a front support position and swings both legs wide in a circular action through side support on one arm, rear support on both arms, side support on the opposite one arm and back to a front support position.

Drop Kip: Performed on Parallel Bars, from support above the rails, lean backwards with straight arms into a long hang basket swing forwards and backwards finishing in support above the rails.

Dynamic: A positive change in direction, shape, or movement.

Example: A dynamic straight jump on floor will be performed with a tight, stretched body and evident height.

Endo: Specific to Horizontal Bar, an Endo is a forward swing in a straddle basket position, beginning either in a handstand or from a forward swing under the bar and finishing back in handstand. The grip is usually undergrip but it is possible to execute the skill in overgrip. The Endo style straddle swing is a development progression to the Endo.

Felge: An element on Rings and Parallel Bars, a Felge is a swing which takes the gymnast from a hang under the bar/rings, forwards in a basket or dish position, to a support position above the bar (Felge to support, Felge to handstand).

Flank: A dismount action on Pommel Horse where the gymnast lifts his hips and legs through front support over the body of the pommel.

Flyspring: A handspring with take-off from two feet.

Glide: A forward long swing action on Parallel Bars or Horizontal Bar with feet forwards of the hips and below hip height.

Headspring: Performed on floor, a headspring is a handspring action with arms bent. The forehead touches the floor but no weight should be placed on the head/neck.

Hold: Throughout the ALP compulsory routines, where the term **Hold** is used, the time requirement is always 2 seconds in the identified position.

Inlocate: An element specific to Rings where the gymnast swings backwards with lift and continues over the vertical to long hang swing.

Kicks: Step kicks on floor in transitions, should always be at or above hip height and performed with knees straight and toes pointed unless otherwise stated.

Kill Swing: A downward swing on Horizontal Bar that reduces the power and momentum of a long hang swing to control a transition into the next element.

Kip: Referred to on both Parallel Bars and Horizontal Bar, a kip is performed from a Glide Swing, closing the hips on the backward swing and taking the gymnast above the bar into a support position.

Layaway: A backward swing from a support position that does not lead to a handstand and changes direction into a long hang swing.

Momentary: Where momentary is referred to, the gymnast must stop in the required element but not hold the element for any specific duration.

Pendulum Swing: Performed on Pommel Horse, the gymnast swings his legs left to right or right to left through front support with legs separated at least 90°.

Pick-up Circle: Performed on Pommel Horse from stride support, swing back leg over to rear support to join the forward leg and ½ DLC back to finish in a front support position.

Pivot: A change in direction while in handstand.

Pommel/s: Pommel or Pommels means handle or handles.

Power Take-Off: A jump from two feet together with excessive arm swing action to a hurdle. Often comes before a cartwheel or round-off.

Russian-Sit: A static hold position a Russian V-Sit is an extension of a V-Sit. The gymnasts' hips are closed and at shoulder height with legs horizontal backwards over the head while balancing on both arms.

Russian Wendeswing: Beginning from a DLC or Loop, a single 180° Wende (see Wende) or a directly connected series of Wendes up to 1080°. The skill may continue into another DLC or Loop or it may finish with a final Wende over the horse to a dismount.

Stalder: Specific to Horizontal Bar, a Stalder is a backward swing in a straddle basket position, beginning in a handstand in overgrip and finishing back to handstand. The Stalder undershoot is a developmental progression to the Stalder, beginning with a cast from front support.

Stretched Jump: From two feet, jump vertically through a straight body position with arms stretched overhead.

Stride Support: Legs straddled in side support with one leg on either side of the Pommel Horse.

Swiss Press: A press to handstand performed starting from a standing position with hands on the ground.

Tap: A tap swing is often performed on Horizontal Bar prior to a dismount. The gymnast may manipulate his body going into and through the lower vertical hang position to achieve more length through his body and generate more power into the forward swing. Often includes closing of shoulders or hips and/or extended arch.

Tension Swing: A movement on Horizontal Bar used to create power from a stationary hang position. The movement generally commences from an L-sit or raised leg position.

Top Change: On Horizontal Bar, forward giant swing in under-grip through handstand with ½ turn to top-grip.

Underswing: Commonly performed after a tension swing or out of a backward hip circle, the underswing lifts or maintains hips close to the bar while swinging forwards and upwards extending to a long hang swing.

V-Sit: A static hold position with the gymnast balancing on his hands with hips closed and legs vertical.

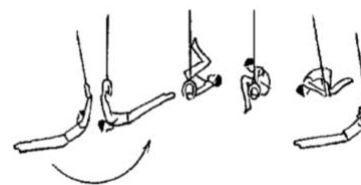
Wende or Wendeswing: A wende is an action on the Pommel Horse beginning with a DLC (usually a loop on the end). From the front support position, the gymnast executes a half turn forward over the body of the horse with his chest continually facing the horse. The Wende can be in the form of a flank over the horse to a dismount or in a series of such half turns combining to make a Russian Wende.

Named elements: Are elements that have been allocated a name. The name comes from the gymnast who 1st performed the element in an FIG International Event. These elements exist in the FIG MAG Code of Points. The following are examples from the 2022 FIG MAG Code of Points and used in the ALP level 8 routines.

Rings

45. Doppelsalto vw. gehockt i. d. Hang.
Double salto fwd. tucked to hang.
Двойное сальто вп. в груп. в вис.

(Yamawaki)



Vault

307. Überschlag sw. m. ¼ Dr. u. Salto rw. geh.
Handspring sw. w. ¼ t. a. salto bwd. t.
Пер. боком с ¼ п. и сальто наз.

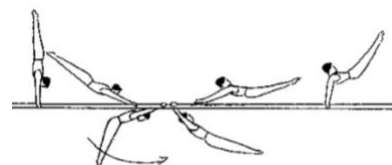
(Tsukahara)



Parallel Bars

15. Moy mit gestr. Beinen i. d. Stütz (auch ohne Griff lösen).
Moy to support str. legs (also without grip release).
Мой в упор с прям. н. (так же не отпуская рук).

(Moy)



Horizontal Bar

32. Grätschumschwung vw. d. d. Hdst.
Free circle fwd. straddled thr. hdst.
Оборот вп. не касаясь ноги вр. через ст. на р.

(Endo)



Compulsory Routine Clarifications

General

Minimum Scores

At all National events, gymnasts will receive the score calculated regardless of how low this is. At State, regional or club events, consideration may be given to direct judges not to publish or award a score below a certain score. Example: At level 1-4 any routine with a final score below 4.5pts will be awarded 4.5pts in the official score program and published as such.

Hold Elements

All hold elements must be held for a minimum of 2 seconds measured from the moment that a complete stop position has been reached.

Body position expectations:

- a) A straight body position is one in which a line from the shoulders through the hips to the ankles is straight for static elements and straight or slightly bent forwards or backwards during dynamic elements. If the hips assume a flexion of greater than 45° at any time during the element, it will be considered pike.
- b) A perfect piked body position is one in which the knees are straight and the hips are bent at least 90°. Errors include a pike of less than 90° from the extended position and/or an additional bending of the knees. If the knees assume a flexion of greater than 45° at any time during the element, it will be considered tucked.
- c) A perfect tuck position is one during which the hips are strongly bent and the bent knees are brought to the chest – a minimum 90° bend in each. Errors include a hip bend of less than 90° from the extended position and/or a knee bend of less than 90°.

* *Exception – Tucked L-sit on Parallel Bars which extends out to a full L-*

sit.

- d) Each of the salto positions – tucked, piked, straight – is expected to be demonstrated so distinctly and conspicuously as to leave no doubt about the intent.
- e) A regular handstand on all apparatus is one with the body perfectly aligned and without arch.
- f) Strength holds on all affected apparatus require, depending on the element, the arms are to be perfectly horizontal, and/or the body to be perfectly horizontal, and/or the legs to be perfectly horizontal.

Additional Swings

References to double leg circles (DLC) on Pommel Horse and giant swings on Horizontal Bar are intended to indicate a minimum number. Apart from normal execution deductions, there is no deduction for including additional double leg circles (1/2 DLC for level 2 mushroom) or giant swings.

Skill Recognition

Any skill in the compulsory exercise that is attempted will be credited for value irrespective of its execution. Any BONUS attempted with coach assistance **will not** receive Bonus recognition.

Floor Exercise

Safety

For levels where salto elements are required (levels 5 – 6), a coach may be present on the floor (to assist if required). Once the salto element is completed the coach should step out of the floor area.

Out of Floor Area

Such deductions only exist for routines where a floor pattern is used. **No** 'Out of Floor Area' deductions apply to levels 1 – 5.

Routine Time Guide

The times indicated for each routine have **no** penalty attached to them. The times provide guidance to ensure each routine flows at an expectable speed so the routine is performed with rhythm and fluidity.

Pommel Horse

Recognition of Circles

A gymnast attempting a circle or loop (or any other skill) without returning to front support or without commencing the next element will still receive recognition for the skill.

Dismounts

Levels 4 & 5, & levels 7 & 8 buck (no handles). If the gymnast falls on a skill leading towards a dismount, the gymnast must execute the dismount from a loop or circle for recognition. Jumping over the horse will not satisfy the need to have attempted a skill.

Level 6, 7 & 8 handles routine Dismount.

When performing the dismount, the expectation is the gymnast will cross the body of the horse. In the case where a gymnast falls prior to crossing the body of the horse he may choose to.

- End the routine at that point (the dismount will be credited in full and a 1.0pt deduction applied for the fall)
- Re-attempt the dismount (1.0pt deduction will still apply for the fall)

Level 7 handles routine BONUS (Skill 5) Dismount

Where a gymnast attempts the bonus element but falls off before completing the loop dismount, he will receive 0.5pts of the bonus and will not be eligible for the extra 0.5pts by simply remounting with a loop dismount. The full 1.0pt bonus can only apply if the gymnast completes both the loop and the travel without a fall.

Rings

Safety

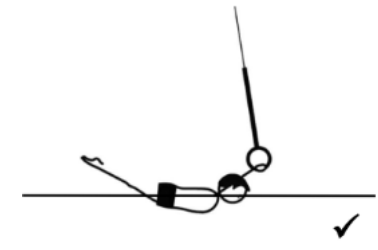
As the rings are generally set to a fixed height, the floor landing mats should be layered to an appropriate height for levels 1 – 4. Use of additional landing mats at National events are outlined in the GA MAG National Technical Regulations.

Commencing the Routine

Unless otherwise stated, an exercise must start in a still hang position with arms vertical and straight. A coach or other participant may lift the gymnast to the hang position. During the lift, the gymnast must maintain good body form and control and can be deducted 0.3 for leg separation. The gymnast must **NOT** bend his arms in moving to the first element unless specifically required.

Swing Expectations

Where a swing is required to be horizontal or above, the horizontal line extends from the shoulders, through the hips to the feet. The reference for horizontal is **NOT** through the position of the rings.



A swing with the feet at or above the shoulders and the hips below the shoulders is not considered to be horizontal. The hips must rise to be in line with the shoulders.

Vault

Calculation of Final Scores

Levels 2-8 provide the option to compete 2 different vaults (level 6 and 7 the same vault twice). Whether 2 Vaults are competed in the same session or over separate days of competition is a logistical decision made by the event organisers.

Where 2 vaults are competed in the same session, the calculation of the final score is at the discretion of the event organisers.

For some levels, the maximum vault run-up distance has been reduced. The event organiser is responsible for marking the run-up correctly and the Vault Head Judge is responsible for communicating the allowable maximum run-up distance.

Parallel Bars

Safety

The height of the bars should be set at a height that allows the gymnast to perform the routine and the coach to be in a position where assistance can be provided if necessary for safety.

Long Hang Swings

For levels where long hang swings are required, there are no execution deductions for bent knees during the swing. There is an expectation the legs will be extended at the peak of both the forward and backward swings.

Dismount

At all levels, if a gymnast loses balance on the dismount landing and uses the upright to steady, a deduction of 0.3 will be applied in the same way as “touching the floor with one or two hands”.

Horizontal Bar

Safety

As the bar is generally set to a fixed height, the floor mats should be layered to an appropriate height for levels 1 – 4. Use of additional landing mats at National events are outlined in the GA MAG National Technical Regulations.

Commencing the Routine

Unless otherwise stated, an exercise must start in a hang position with arms vertical and straight. A coach or other participant may lift the gymnast to the hang position. During the lift, the gymnast must maintain good body form and control and can be deducted 0.3 for leg separation.

Level 5 Bonus (Skill 4)

Where a gymnast attempts the bonus element but falls prior to commencing the 2nd giant swing, a maximum bonus of 0.5pts will be awarded. The gymnast must attempt the 2nd giant swing **from** a successful first giant swing for the full 1.0pts bonus.



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BY LEVEL



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 momentary 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 momentary front support.	Jump to momentary 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°/>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 < 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 < 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



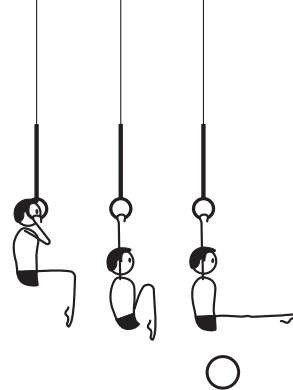
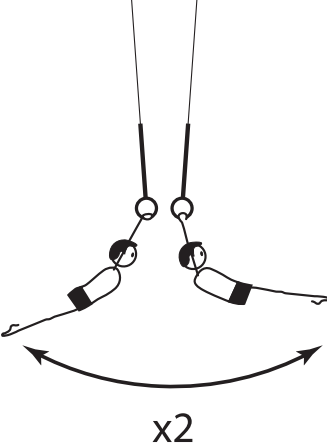
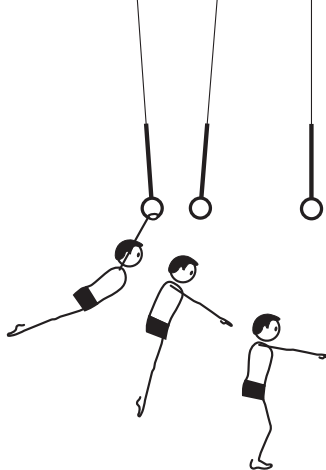
*'Out of Floor Area' deductions for routines performed in a straight line do not apply at this level

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	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	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	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	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	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

RINGS – LEVEL 1

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	Chin-Up	Tucked Chin-Up (2 Sec)	L-Hang	Long Swing x2	Dismount
					
Technical Description	From a still hang with straight arms, lift to momentary chin-up position.	Bend and lift legs into a tucked chin-up position (hold 2 seconds).	Lower to tuck hang, straighten legs out to momentary L-hang.	Beat backwards into long swing backwards and forwards x2.	On the 3 rd swing backwards, dismount to stand.
Typical Deductions	Legs apart on lift 0.3 Bent arms in hang 0.1-0.5 Lack of rhythm 0.1-0.3 Swing action 0.1-0.5 Momentary chin-up not shown 0.3 Chin not ring height 0.1-0.5	Chin not ring height 0.1-0.5 Poor tuck position (min 90° bend at hips and knees) 0.1-0.5 Feet not pointed 0.1 Hold < 2 seconds 0.3 No hold 0.5	Full hang not reached before L-hang 0.3 Momentary L-hang not shown 0.3 Legs not horizontal 0.1-0.5 Bent knees 0.1-0.5 Bent arms 0.1-0.5 Closed shoulders 0.1-0.5 Feet not pointed 0.1	Front/Back Swings: Hips < 45° (from lower vertical) 0.1-0.5 Bent knees 0.1-0.5 Bent hips 0.1-0.5 Feet apart 0.1-0.5	Hips < 45° (from lower vertical) 0.1-0.5 Bent knees 0.1-0.5 Feet apart 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

VAULT – LEVEL 1

Item	Vault			
Skill Value	10.0			
Required Skill	Stretched Jump			
Technical Description	<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 OR 1x 30cm landing mat</p>			
Typical Deductions	No under-arm swing on take-off	0.3	Body not straight / stretched	0.1-0.5
	2-foot jump from box	0.5	Bent knees	0.1-0.5
	Feet not contacting board simultaneously	0.1-0.3	Legs apart	0.1-0.5
	Feet not leaving board simultaneously	0.1-0.3	Feet not pointed	0.1
	Lack of rhythm / no rebound action	0.1-0.3	Steps / uncontrolled landing	0.1-0.3
	Lack of height (feet below knees)	0.3	Fall	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 OR coach lift to a momentary 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 momentary L-sit.	Push forwards and swing backwards and forwards x2.	On 3 rd 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

HORIZONTAL BAR – LEVEL 1

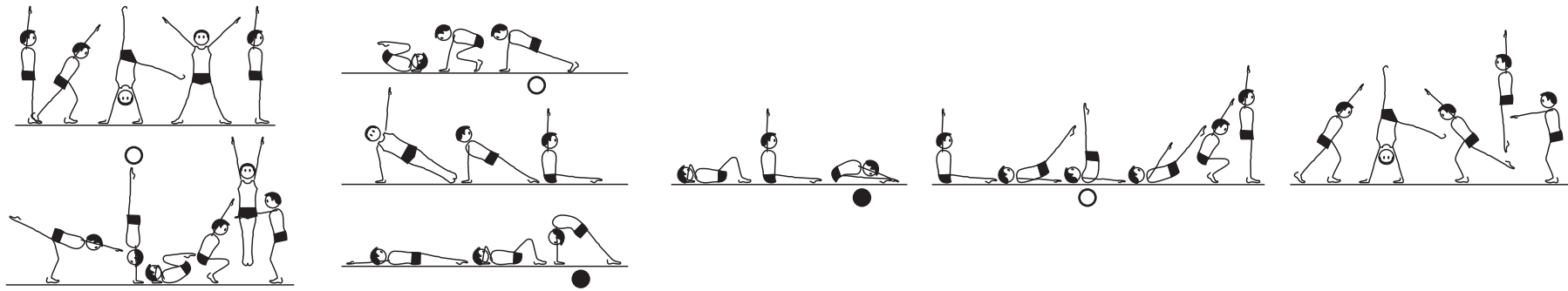
Item	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Skill Value	2.0	2.0	2.0	2.0	2.0
Required Skill	Tucked Chin-Up Hang (2 Sec)	L-Hang	Tension Swing	Long Swing	Dismount
Technical Description	From a still hang in top grip, chin-up and lift legs to tucked chin-up position (hold 2 seconds).	Lower slowly to tucked long hang, straighten legs to momentary L-hang.	Beat backwards into tension swing. (backwards, forwards, backwards)	Swing forwards and backwards x1.	Swing forwards and backwards to release and dismount to stand.
Typical Deductions	Legs apart in lift 0.3 Lack of rhythm 0.1-0.3 Swing action 0.1-0.5 Chin not bar height At bar height 0.1 Below bar height 0.3 Head below bar 0.5 Poor tuck shape 0.1-0.5 Hold < 2 seconds 0.3 No hold 0.5	Full hang not reached before L-hang 0.3 Momentary L-hang not shown 0.3 Bent knees 0.1-0.5 Bent arms 0.1-0.5 Closed shoulders 0.1-0.5 Legs not horizontal 0.1-0.5 Feet not pointed 0.1	Bent knees 0.1-0.5 Feet not pointed 0.1-0 Poor body tension 0.1-0.5	Front Swing Bent knees 0.1-0.5 Bent hips 0.1-0.5 Legs apart 0.1-0.5 Back Swing Bent knees 0.1-0.5 Poor dish shape 0.1-0.5 Legs apart 0.1-0.5 Weak tap action 0.1-0.3 Feet not pointed 0.1	Bent knees 0.1-0.5 Legs apart 0.1-0.5 Feet not pointed 0.1 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



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LEVEL 2

FLOOR EXERCISE – LEVEL 2

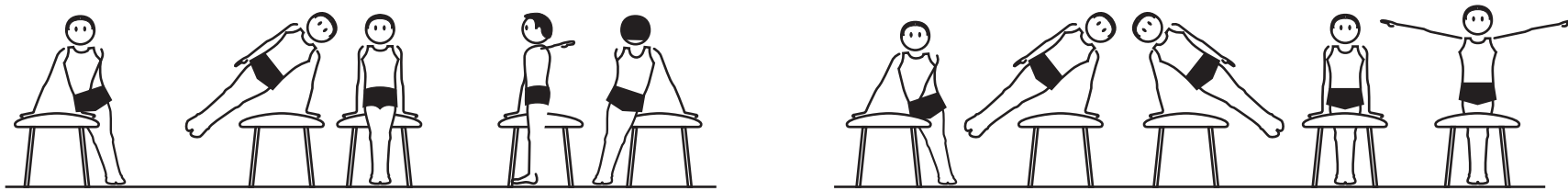
Item	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Skill Value	2.5	3.0	1.5	1.5	1.5
Required Skill	Cartwheel, Handstand Roll, Jump ½ Turn	Backward Roll, Rear Support, Bridge (2 Sec)	Pike Stretch (2 Sec)	Shoulder Stand	Cartwheel, Straight Jump
					
Technical Description	Stand inside the floor area, lift arms to a presentation position and begin the routine. Step forwards to cartwheel and finish sideways. ¼ turn outwards to face forward and lunge step to kick through to momentary handstand with forward roll out. Immediate jump ½ turn to stand.	Backward roll with straight arms to momentary front support. Turn to rear support and lower to seated L-sit. Lift arms above the head and lie down backwards. Bend arms and legs to push into bridge (hold 2 seconds).	Lower down and lift to seated L-sit with arms above the head. Reach forwards towards toes into pike stretch (hold 2 seconds).	Roll backwards to momentary shoulder stand with arms under the body on the floor. Roll forwards to stand.	Step forwards to cartwheel with ¼ turn inwards and straight jump to land.
Typical Deductions	Cartwheel off-line 0.1-0.5 Lack of rhythm 0.1-0.3 Bent hip in cartwheel 0.1-0.5 Handstand not shown 0.3 Poor shape in H/stand 0.1-0.5 Jump not dynamic 0.3	F/support not shown 0.3 Lack of rhythm 0.1-0.5 Bent knees 0.1-0.5 Bent arms 0.1-0.5 Shoulders not over hands 0.1-0.5 Hold < 2 seconds 0.3 No hold in bridge 0.5	Lack of flexibility 0.1-0.3 Bent knees 0.1-0.5 Hold < 2 seconds 0.3 No hold 0.5	Momentary shoulder stand not shown 0.3 Shoulder stand not vertical (1°-15°/16°-30°/>30°) 0.1-0.5 Lack of rhythm	Cartwheel off-line 0.1-0.5 Lack of rhythm 0.1-0.3 Bent hip in cartwheel 0.1-0.5 Jump not dynamic 0.3 Body not straight in jump 0.1-0.5

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 2

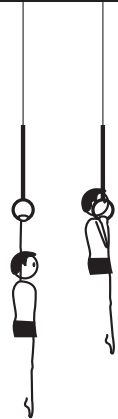
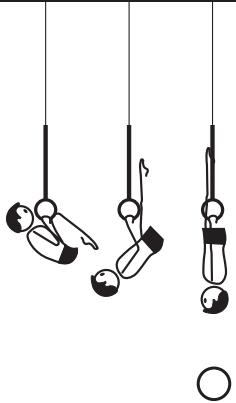
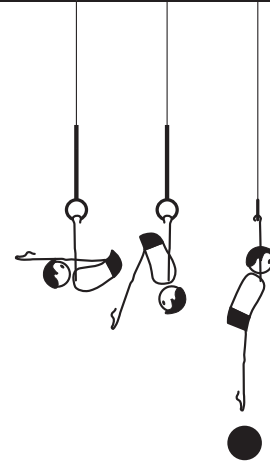
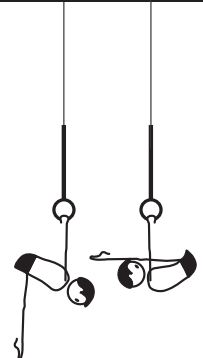
This routine is performed on a Mushroom

Item	Skill 1	Skill 2																																								
Skill Value	8.0	2.0																																								
Required Skill	½ Double Leg Circle to Rear Support, ½ counter turn to Front Support x 4	Double Leg Circle to Front Support to Stand																																								
	 <p style="text-align: center;">x4</p>																																									
Technical Description	<p>From a standing position, jump or swing into ½ double leg circle to finish in a rear support position. With control, counter turn on the spot to a front support position. Repeat x4*</p> <p style="text-align: center;">NB: This sequence requires the gymnast to maintain contact with the mushroom at all times with at least one hand.</p>	<p>From a standing position, jump or swing into double leg circle x1*. Push from support to stand behind the mushroom.</p>																																								
Typical Deductions	<table style="width: 100%; border-collapse: collapse;"> <tr><td>Lack of extension</td><td style="text-align: right;">0.1 (each element)</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>Bent hips</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 (per circle)</td></tr> <tr><td>Incomplete ½ double leg circle</td><td style="text-align: right;">0.3</td></tr> <tr><td>Contact with mushroom not maintained</td><td style="text-align: right;">0.3</td></tr> <tr><td>Counter turn the wrong direction</td><td style="text-align: right;">0.3</td></tr> <tr><td>Lack of control</td><td style="text-align: right;">0.1-0.3</td></tr> </table>	Lack of extension	0.1 (each element)	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Bent hips	0.1-0.5	Legs apart	0.1-0.5	Feet not pointed	0.1	Angular deviation (skewing)	0.1-0.5 (per circle)	Incomplete ½ double leg circle	0.3	Contact with mushroom not maintained	0.3	Counter turn the wrong direction	0.3	Lack of control	0.1-0.3	<table style="width: 100%; border-collapse: collapse;"> <tr><td>Lack of extension</td><td style="text-align: right;">0.1 (each element)</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>Bent hips</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 (per circle)</td></tr> <tr><td>Stop 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;">1.0</td></tr> </table>	Lack of extension	0.1 (each element)	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Bent hips	0.1-0.5	Legs apart	0.1-0.5	Feet not pointed	0.1	Angular deviation (skewing)	0.1-0.5 (per circle)	Stop without 2-handed support	0.3	Fall / Stop without control	1.0
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Stop without 2-handed support	0.3																																									
Fall / Stop without control	1.0																																									

* No D-Jury deductions for additional circles; E-Jury deductions still apply

RINGS – LEVEL 2

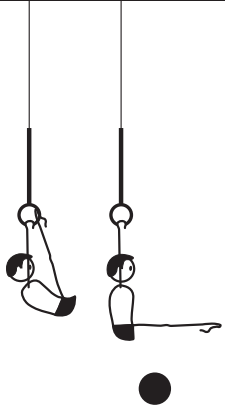
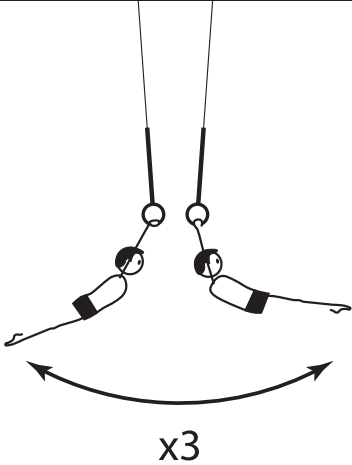
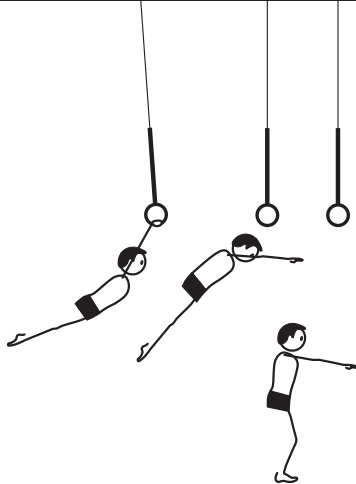
(page 1/2)

Item	Skill 1	Skill 2	Skill 3	Skill 4
Skill Value	1.0	1.0	2.0	1.0
Required Skill	Chin-Up	Inverted Hang	Basket, Dorsal Hang (2 Sec)	Lift to Basket
				
Technical Description	From a still hang with straight arms, lift to chin-up position.	Tuck legs and roll backwards to inverted position. Immediately straighten legs and open hips to momentary inverted hang.	Lower through basket and slowly roll to dorsal hang (hold 2 seconds).	Lift with bent-body to basket.
Typical Deductions	Legs apart on lift 0.3 Bent arms in hang 0.1-0.5 Lack of rhythm 0.1-0.3 Swing action 0.1-0.5 Chin not ring height 0.1-0.5	Poor tuck position 0.1-0.5 (min 90° bend at hips and knees) Lack of rhythm 0.1-0.3 Momentary inverted hang not shown 0.3 Body not straight 0.1-0.5 Body not vertical 0.1-0.5 Feet not pointed 0.1	Lack of shoulder flexibility 0.1-0.5 Bent hips 0.1-0.5 Feet not pointed 0.1 Lack of rhythm 0.1-0.3 Hold < 2 seconds 0.3 No hold 0.5	Bent knees 0.1-0.5 Legs not horizontal 0.1-0.5 Lack of flexibility 0.1-0.3 Feet not pointed 0.1 Lack of rhythm 0.1-0.3

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

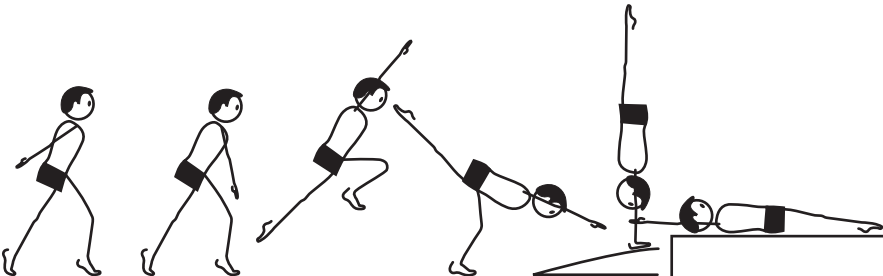
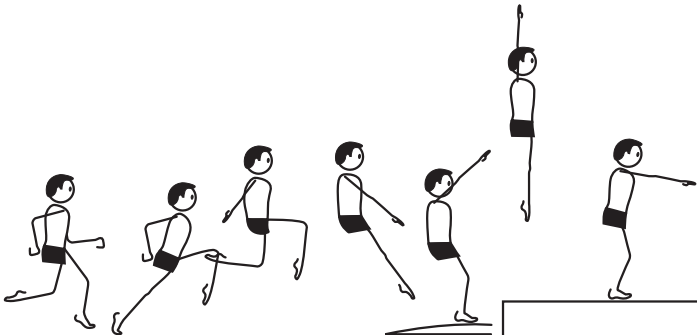
RINGS – LEVEL 2

Level 2 cont. (page 2/2)

Item	Skill 5		Skill 6		Skill 7	
Skill Value	1.0		3.0		1.0	
Required Skill	L-Hang (2 Sec)		Long Swing x3		Dismount	
						
Technical Description	From basket, lower slowly to L-hang (hold 2 seconds).		Beat backwards into long swing backwards and forwards x3.		On the 4 th swing backwards, dismount to stand.	
Typical Deductions	Legs not horizontal	0.1-0.5	Front/Back Swings:		Hips < 45° (from lower vertical)	0.1-0.5
	Bent knees	0.1-0.5	Hips < 45° (from lower vertical)	0.1-0.5	Bent knees	0.1-0.5
	Bent arms	0.1-0.5	Bent knees	0.1-0.5	Feet apart	0.1-0.5
	Closed shoulders	0.1-0.5	Bent hips	0.1-0.5	Steps / uncontrolled landing	0.1-0.3
	Lack of rhythm	0.1-0.3	Feet apart	0.1-0.5	Fall	1.0
	Feet not pointed	0.1				
	Hold < 2 seconds	0.3				
	No hold	0.5				

VAULT – LEVEL 2

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	Handstand Flat-Back	Stretched Jump																																						
																																								
Technical Description	<p>From a 3-4 step hurdle, kick to momentary handstand with hands on a springboard (from an underarm action). Fall to flat-back onto a 30cm landing mat.</p> <p>* 30cm Matting = 20cm landing mat + 1x 10cm OR 1x 30cm landing mat</p>	<p>From a maximum 10m run, hurdle to a 2-footed take-off stretched jump, with arms above the head, to land on 30cm matting*.</p> <p>* 30cm Matting = 20cm landing mat + 1x 10cm 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> </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	<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>Feet not contacting board simultaneously</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>Feet not leaving board simultaneously</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>Lack of rhythm / no rebound action</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>Lack of height (feet below knees)</td><td style="text-align: right;">0.3</td></tr> <tr><td>Body not straight / stretched</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>Step / 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	Feet not contacting board simultaneously	0.1-0.3	Feet not leaving board simultaneously	0.1-0.3	Lack of rhythm / no rebound action	0.1-0.3	Lack of height (feet below knees)	0.3	Body not straight / stretched	0.1-0.5	Bent knees	0.1-0.5	Legs apart	0.1-0.5	Feet not pointed	0.1	Step / uncontrolled landing	0.1-0.3	Fall	1.0
No under-arm action	0.3																																							
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Lack of height (feet below knees)	0.3																																							
Body not straight / stretched	0.1-0.5																																							
Bent knees	0.1-0.5																																							
Legs apart	0.1-0.5																																							
Feet not pointed	0.1																																							
Step / uncontrolled landing	0.1-0.3																																							
Fall	1.0																																							

PARALLEL BARS – LEVEL 2

Parallel Bars should be set to the minimum height settings

Item	Skill 1	Skill 2	Skill 3	Skill 4																																																									
Skill Value	1.0	2.5	4.0	2.5																																																									
Required Skill	Support	L-Sit (2 Sec)	Support Swing x2	Side Dismount																																																									
Technical Description	From a still stand, jump OR coach lift to a momentary stationary support position.	Lift legs to L-sit (hold 2 seconds).	Push forwards and swing backwards to horizontal and forwards to horizontal x2.	On 3 rd swing backwards to horizontal, step one hand over to dismount over the side to stand.																																																									
Typical Deductions	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 80%;">Legs apart on lift</td> <td style="width: 20%; text-align: right;">0.3</td> </tr> <tr> <td>Momentary support not shown</td> <td style="text-align: right;">0.3</td> </tr> <tr> <td>Body not straight</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>Feet not pointed</td> <td style="text-align: right;">0.1</td> </tr> </table>	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	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 40%;">Legs not horizontal</td> <td style="width: 20%; text-align: right;">0.1-0.5</td> <td style="width: 40%;"></td> </tr> <tr> <td>Bent knees</td> <td style="text-align: right;">0.1-0.5</td> <td></td> </tr> <tr> <td>Feet not pointed</td> <td style="text-align: right;">0.1</td> <td></td> </tr> <tr> <td>Hold < 2 seconds</td> <td style="text-align: right;">0.3</td> <td></td> </tr> <tr> <td>No hold</td> <td style="text-align: right;">0.5</td> <td></td> </tr> </table>	Legs not horizontal	0.1-0.5		Bent knees	0.1-0.5		Feet not pointed	0.1		Hold < 2 seconds	0.3		No hold	0.5		<table style="width: 100%; border-collapse: collapse;"> <tr> <td colspan="2" style="text-align: center;">Front Swings</td> </tr> <tr> <td style="width: 60%;">Bent knees</td> <td style="width: 40%; 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>Below horizontal</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td colspan="2" style="text-align: center;">Back Swings</td> </tr> <tr> <td>Bent knees</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Excessive arch</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Below horizontal</td> <td style="text-align: right;">0.1-0.5</td> </tr> </table>	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	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 80%;">Excessive arch</td> <td style="width: 20%; 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>Bent knees</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Body below horizontal</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>No hand step</td> <td style="text-align: right;">0.3</td> </tr> <tr> <td>Landing not parallel to bars</td> <td style="text-align: right;">0.1-0.5</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>	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	No hand step	0.3	Landing not parallel to bars	0.1-0.5	Steps / uncontrolled landing	0.1-0.3	Fall	1.0
Legs apart on lift	0.3																																																												
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Fall	1.0																																																												

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

HORIZONTAL BAR – LEVEL 2

Item	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Skill Value	1.0	1.5	2.0	4.0	1.5
Required Skill	L-Hang	Tension Swing	Undershoot	Long Swing x2	Dismount
Technical Description	From a still hang in top grip, lift to momentary L-hang.	Beat backwards into tension swing. (backwards, forwards & backwards)	Lift upwards to undershoot forwards.	Swing backwards and forwards x2.	On 3 rd swing backwards, dismount to stand.
Typical Deductions	Legs apart in lift 0.3 Momentary L-hang not shown 0.3 Bent knees 0.1-0.5 Closed shoulders 0.1-0.5 Legs not horizontal 0.1-0.5 Feet not pointed 0.1	Bent knees 0.1-0.5 Feet not pointed 0.1 Poor body tension 0.1-0.5	Bent knees 0.1-0.5 Bent arms 0.1-0.5 Feet < bar height 0.1-0.5 Feet not pointed 0.1	Front Swings Bent knees 0.1-0.5 Bent hips 0.1-0.5 < 45° below horizontal 0.1-0.5 Back Swings Bent knees 0.1-0.5 Poor dish shape 0.1-0.5 < 45° below horizontal 0.1-0.5 Weak tap action 0.1-0.3	Bent knees 0.1-0.5 Legs apart 0.1-0.5 Swing < 45° below horizontal 0.1-0.5 Feet not pointed 0.1 Steps / uncontrolled landing 0.1-0.3 Fall 1.0

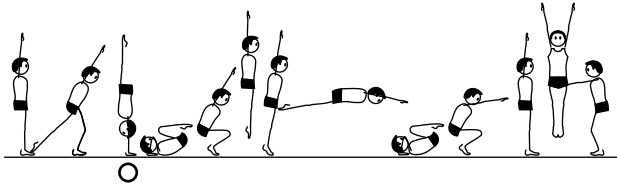
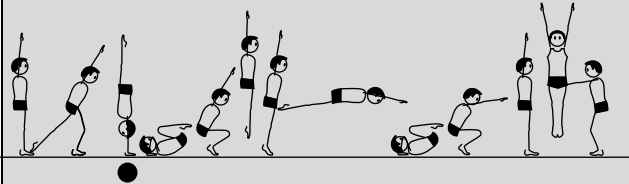
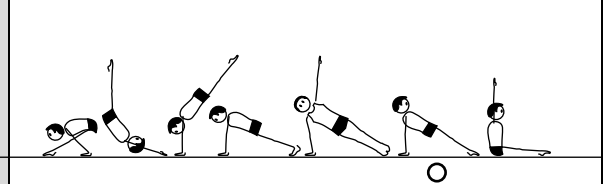
Momentary requires the gymnast to stop in the described position but not hold the position



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

FLOOR EXERCISE – LEVEL 3

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

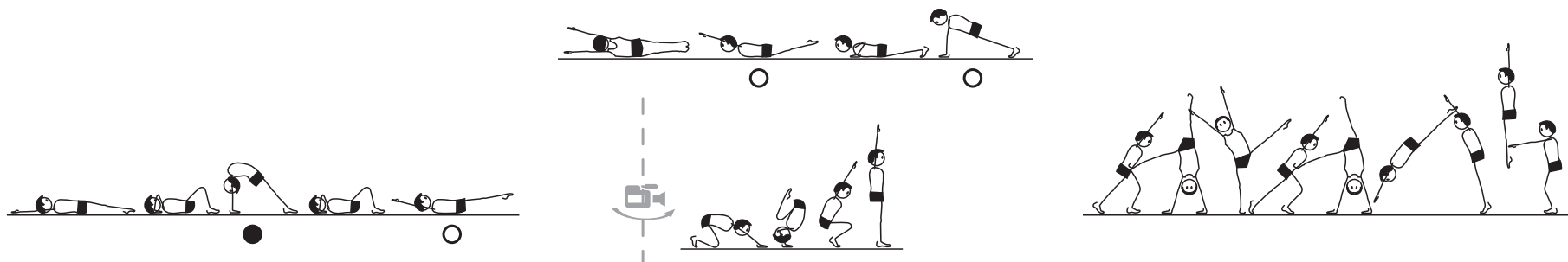
Item	Skill 1	Skill 1 – BONUS	Skill 2																																										
Skill Value	2.5	+ 0.5	2.0																																										
Required Skill	Handstand, Straight Jump, Punch Dive Roll, Jump ½ Turn	Handstand (2 Sec), Straight Jump, Punch Forward Roll, Jump ½ Turn	Backward Roll to Front 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 momentary 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>0.3</td></tr> <tr><td>Poor shape in handstand</td><td>0.1-0.5</td></tr> <tr><td>Lack of extension in forward roll</td><td>0.1-0.5</td></tr> <tr><td>Lack of rhythm</td><td>0.1-0.3</td></tr> <tr><td>Jump not dynamic</td><td>0.3</td></tr> <tr><td>Lack of height in dive roll</td><td>0.1-0.3</td></tr> <tr><td>Jump ½ turn not dynamic</td><td>0.3</td></tr> <tr><td>Feet not pointed</td><td>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>0.1-0.5</td></tr> <tr><td>Lack of extension in forward roll</td><td>0.1-0.5</td></tr> <tr><td>Lack of rhythm</td><td>0.1-0.3</td></tr> <tr><td>Jump not dynamic</td><td>0.3</td></tr> <tr><td>Lack of height in dive roll</td><td>0.1-0.3</td></tr> <tr><td>Jump ½ turn not dynamic</td><td>0.3</td></tr> <tr><td>Feet not pointed</td><td>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>0.1-0.5</td></tr> <tr><td>Bent arms</td><td>0.1-0.5</td></tr> <tr><td>Lack of rhythm</td><td>0.1-0.3</td></tr> <tr><td>Bwd roll < 45° above horizontal (30°-16°/15°-0.1°/ < horizontal)</td><td>0.1-0.5</td></tr> <tr><td>Momentary rear support not shown</td><td>0.3</td></tr> <tr><td>Poor body shape in rear support</td><td>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
Momentary handstand not shown	0.3																																												
Poor shape in handstand	0.1-0.5																																												
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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																																												

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 momentary dish position.	Roll sideways to momentary arch position and lie face down. Circle arms around and push up to momentary 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 style="width: 100%; border-collapse: collapse;"> <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 < 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 style="width: 100%; border-collapse: collapse;"> <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 style="width: 100%; border-collapse: collapse;"> <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
Lack of rhythm	0.1-0.5																																												
Bent knees	0.1-0.5																																												
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Fall	1.0																																												

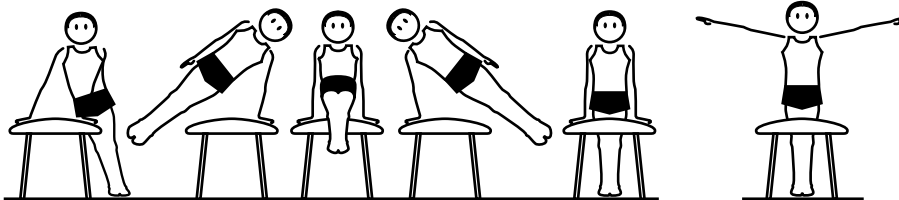
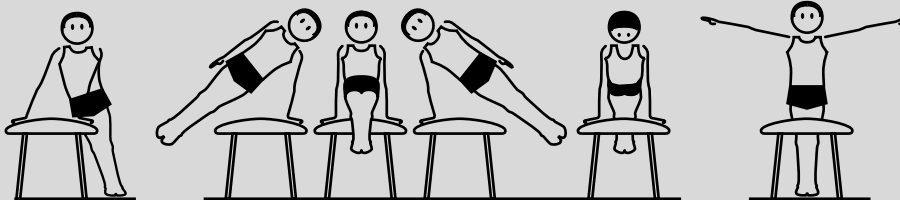
Momentary requires the gymnast to stop in the described position but not hold the position

*'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

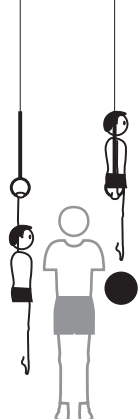


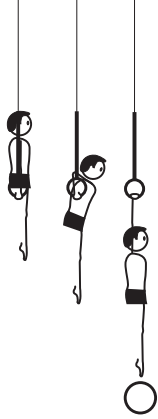
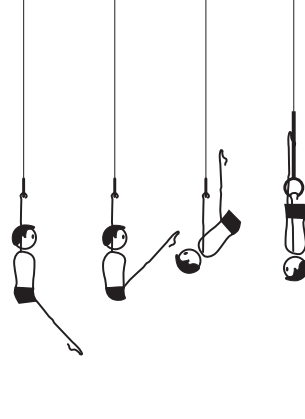
This routine is performed on a Mushroom

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>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.</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
Lack of extension	0.1 (each circle)																																	
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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																																	

* No D-Jury deductions for additional circles; E-Jury deductions still apply

RINGS – LEVEL 3

One BONUS skill (page 1/2)

Item	Skill 1	Skill 2	Skill 2 – BONUS	Skill 3	Skill 4
Skill Value	1.0	1.0	+ 0.5	1.5	1.0
Required Skill	Support (2 Sec)	Tucked Support (2 Sec)	L-Sit (2 Sec)	Lower to Hang	Inverted Hang
					
Technical Description	From a still hang with straight arms, coach lifts gymnast through muscle-up action to support (hold 2 seconds). <i>NB: Judging commences from support</i>	Bend and lift legs to tucked support (hold 2 seconds).	Lift legs to L-sit (hold 2 seconds).	Lower legs to support and slowly lower through a muscle-up (negative muscle-up) to momentary hang.	Lift with straight-arms and bent-body to inverted hang.
Typical Deductions	Bent arms in support 0.1-0.5 Rings not straight 0.1-0.5 Arms touching cables 0.3 Hold < 2 seconds 0.3 No hold 0.5 <i>Lift to hang with legs apart deduction still applies.</i> 0.3	Bent arms in support 0.1-0.5 Rings not straight 0.1-0.5 Arms touching cables 0.3 Poor tuck position (min 90° bend at hips and knees) 0.1-0.5 Feet not pointed 0.1 Hold < 2 seconds 0.3 No hold 0.5	Bent arms in support 0.1-0.5 Rings not straight 0.1-0.5 Arms touching cables 0.3 Legs not horizontal 0.1-0.5 Bent knees 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 Bent hips 0.1-0.5 Momentary hang not shown 0.3 Bent arms in hang 0.1-0.5	Bent knees 0.1-0.5 Bent arms 0.1-0.5 Body not straight in inverted hang 0.1-0.5 Body < vertical (1°-15°/16°-30°/>30°) 0.1-0.5

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

RINGS – LEVEL 3

Level 3 cont. (page 2/2)

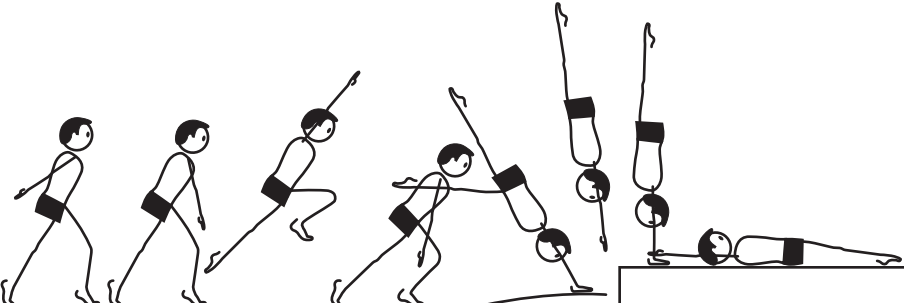
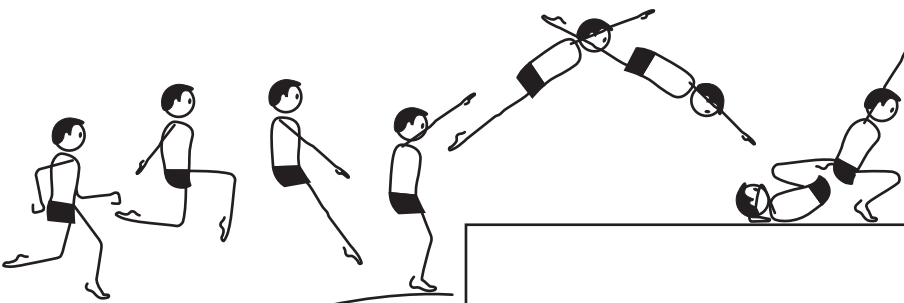
Item	Skill 5	Skill 6	Skill 7	Skill 8
Skill Value	1.0	1.0	2.0	1.5
Required Skill	Dorsal Hang (2 Sec)	Basket	Long Swing x2	Dismount
Technical Description	Slowly lower through basket to dorsal hang (hold 2 seconds).	Lift with bent-body to momentary basket position.	Immediate cast into long swing backwards to horizontal (hips to shoulder height) and forwards to horizontal x2.	On the 3 rd swing backwards, dismount to stand.
Typical Deductions	Lake of shoulder flexibility 0.1-0.5 Bent hips 0.1-0.5 Lack of rhythm 0.1-0.3 Feet not pointed 0.1 Hold < 2 seconds 0.3 No hold 0.5	Lack of rhythm 0.1-0.3 Bent knees 0.1-0.5 Legs not horizontal 0.1-0.5 Lack of flexibility 0.1-0.3 Feet not pointed 0.1 Momentary basket position not shown 0.3	Front/Back Swings: Hips below shoulders 0.1-0.5 (1°-15°/16°-30°/>30°) Bent knees 0.1-0.5 Bent hips 0.1-0.5 Feet apart 0.1-0.5 Rings not turned out on backward swing 0.1-0.3	Bent knees 0.1-0.5 Legs apart 0.1-0.5 Hips below shoulders 0.1-0.5 (1°-15°/16°-30°/>30°) 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

VAULT – LEVEL 3

No BONUS Vault

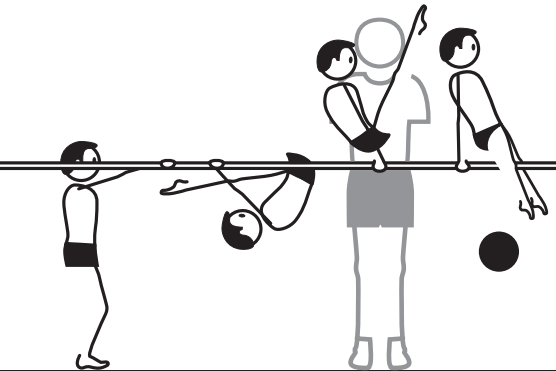
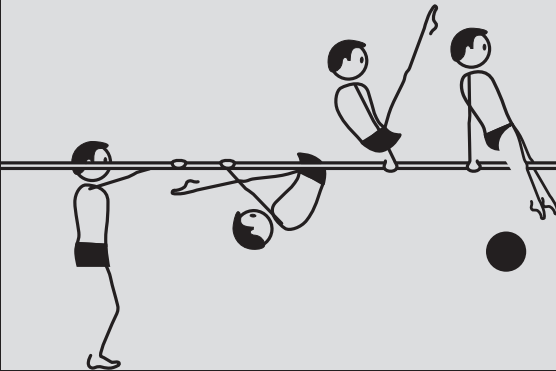
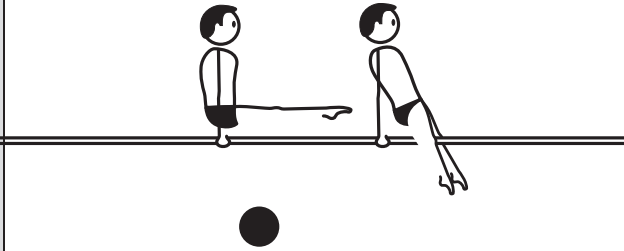
Calculation of the 2-vault combined score is at the discretion of the event organisers

Item	Vault 1	Vault 2																																										
Skill Value	10.0	10.0																																										
Required Skill	Handstand Pop	Dive Roll																																										
																																												
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 OR 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 & 1x 30cm landing mats OR 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 style="padding-left: 20px;">• at or below head height</td><td style="text-align: right;">0.1</td></tr> <tr><td style="padding-left: 20px;">• at or below shoulder height</td><td style="text-align: right;">0.3</td></tr> <tr><td style="padding-left: 20px;">• at or below chest height</td><td style="text-align: right;">0.5</td></tr> <tr><td style="padding-left: 20px;">• 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
No under-arm action	0.3																																											
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Feet not pointed	0.1																																											
Steps / uncontrolled landing	0.1-0.3																																											
Fall	1.0																																											

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
Skill Value	3.0	+ 0.5	1.5
Required Skill	Basket Kip (Coach Assisted) to Straddle Sit (2 Sec)	Basket Kip (unassisted) to Straddle Sit (2 Sec)	L-Sit (2sec), Straddle Sit
			
Technical Description	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).	Legs off the bars to L-Sit (hold 2 seconds). Open legs to rest on bars in straddle sit.
Typical Deductions	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	Beating / 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

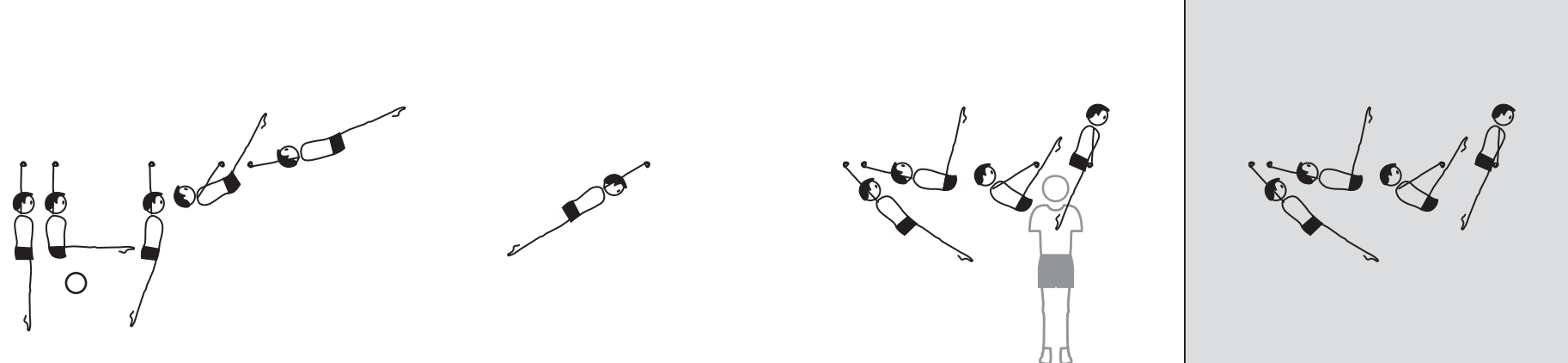
PARALLEL BARS – LEVEL 3

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 rd 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	<table style="width: 100%; border: none;"> <tr> <td style="text-align: center;">Front Swings</td> <td></td> </tr> <tr> <td>Bent knees</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>Below horizontal</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td style="text-align: center;">Back Swings</td> <td></td> </tr> <tr> <td>Bent knees</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Excessive arch</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Below horizontal</td> <td style="text-align: right;">0.1-0.5</td> </tr> </table>	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	<table style="width: 100%; border: none;"> <tr> <td>Excessive arch</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>Bent knees</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Body not 45° above horizontal (44°-30°/29°-15°/< 15°)</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>No hand step</td> <td style="text-align: right;">0.3</td> </tr> <tr> <td>Landing not parallel to the bars</td> <td style="text-align: right;">0.1-0.5</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>	Excessive arch	0.1-0.5	Bent hips	0.1-0.5	Bent knees	0.1-0.5	Body not 45° above horizontal (44°-30°/29°-15°/< 15°)	0.1-0.5	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
Front Swings																																			
Bent knees	0.1-0.5																																		
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HORIZONTAL BAR – LEVEL 3

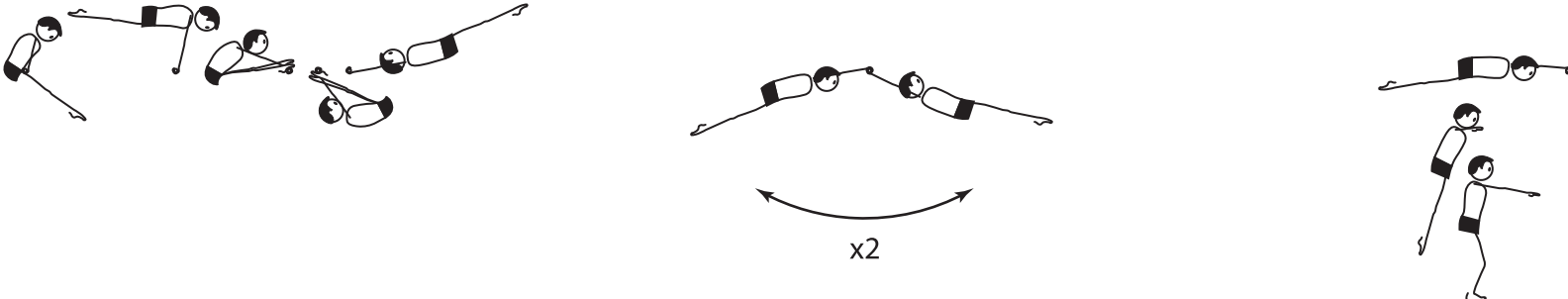
One **BONUS** skill (page 1/2)

Item	Skill 1	Skill 2	Skill 3	Skill 3 – BONUS
Skill Value	2.0	1.0	2.0	+ 0.5
Required Skill	L-Hang, Tension Swing, Undershoot	Swing Backwards	Kip (Coach Assisted)	Kip
				
Technical Description	From a still hang in top grip, lift legs to momentary L-hang, beat backwards and undershoot forwards.	Swing backwards to 30° below horizontal.	Glide forwards into kip to support with coach assistance.	Glide forwards into kip to support.
Typical Deductions	Legs apart in lift 0.3 Momentary L-hang not shown 0.3 Bent knees 0.1-0.5 Closed shoulders 0.1-0.5 Legs not horizontal 0.1-0.5 Poor body tension 0.1-0.5 Feet < bar height in undershoot 0.1-0.5 Feet not pointed 0.1	Bent knees 0.1-0.5 Poor dish shape 0.1-0.5 Hips < 30° below horizontal (31°-45°/46-60°/> 60°) 0.1-0.5 Feet not pointed 0.1	Bent knees 0.1-0.5 Bent arms 0.1-0.5 Feet not pointed 0.1	Bent knees 0.1-0.5 Bent arms 0.1-0.5 Feet not pointed 0.1

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

HORIZONTAL BAR – LEVEL 3

Level 3 cont. (page 2/2)

Item	Skill 4	Skill 5	Skill 6																																				
Skill Value	2.0	2.0	1.0																																				
Required Skill	Cast, Straddled Undershoot	Long Swing x2	Dismount																																				
																																							
Technical Description	Cast to horizontal and straddle legs, placing feet on the bar, and straddled undershoot forwards.	Swing backwards to 30° below horizontal and forwards to 30° below horizontal x2.	On 3 rd swing backwards to horizontal, dismount to stand.																																				
Typical Deductions	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 70%;">Cast < horizontal (1°-15°/16°-30°/> 30°)</td> <td style="width: 30%; 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>Lack of rhythm</td> <td style="text-align: right;">0.1-0.3</td> </tr> <tr> <td>Hips not bar height in undershoot (1°-15°/16°-30°/> 30°)</td> <td style="text-align: right;">0.1-0.5</td> </tr> </table>	Cast < horizontal (1°-15°/16°-30°/> 30°)	0.1-0.5	Bent knees	0.1-0.5	Lack of rhythm	0.1-0.3	Hips not bar height in undershoot (1°-15°/16°-30°/> 30°)	0.1-0.5	<table style="width: 100%; border-collapse: collapse;"> <tr> <td colspan="2" style="text-align: center;">Front Swings</td> </tr> <tr> <td style="width: 70%;">Bent knees</td> <td style="width: 30%; 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>Hips < 30° below horizontal (31°-45°/46°-60°/> 60°)</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td colspan="2" style="text-align: center;">Back Swings</td> </tr> <tr> <td>Bent knees</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>Hips < 30° below horizontal (31°-45°/46°-60°/> 60°)</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Weak tap action</td> <td style="text-align: right;">0.1-0.3</td> </tr> </table>	Front Swings		Bent knees	0.1-0.5	Bent hips	0.1-0.5	Hips < 30° below horizontal (31°-45°/46°-60°/> 60°)	0.1-0.5	Back Swings		Bent knees	0.1-0.5	Bent hips	0.1-0.5	Hips < 30° below horizontal (31°-45°/46°-60°/> 60°)	0.1-0.5	Weak tap action	0.1-0.3	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 70%;">Hips < bar height (1°-15°/16°-30°/> 30°)</td> <td style="width: 30%; 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>Bent knees</td> <td style="text-align: right;">0.1-0.5</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>	Hips < bar height (1°-15°/16°-30°/> 30°)	0.1-0.5	Legs apart	0.1-0.5	Bent knees	0.1-0.5	Steps / uncontrolled landing	0.1-0.3	Fall	1.0
Cast < horizontal (1°-15°/16°-30°/> 30°)	0.1-0.5																																						
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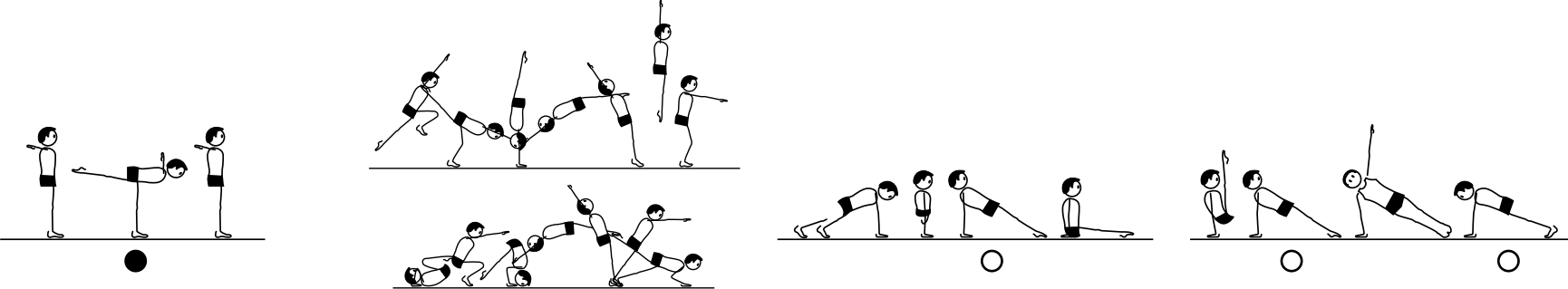


Gymnastics Australia
Men's Australian Levels Program
NATIONAL COMPETITION CURRICULUM
LEVEL 4

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" style="width: 100%;"> <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" style="width: 100%;"> <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" style="width: 100%;"> <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" style="width: 100%;"> <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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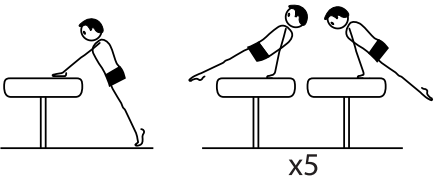
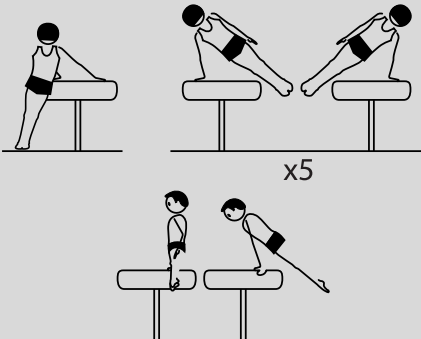
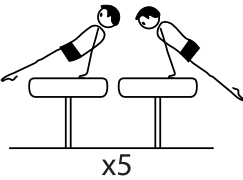
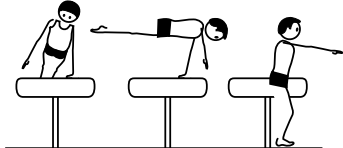
Momentary requires the gymnast to stop in the described position but not hold the position

*'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

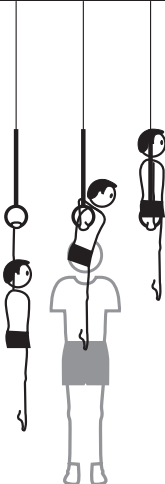
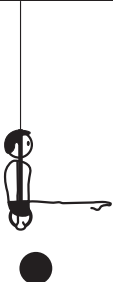
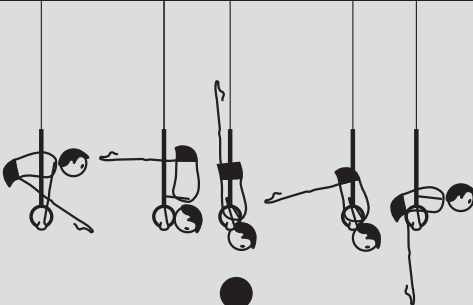
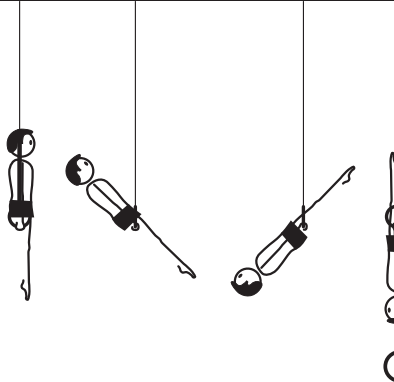
Item	Skill 1	Skill 1 - BONUS	Skill 2	Skill 3																																																								
Skill Value	4.5	+ 0.5	4.5	1.0																																																								
Required Skill	Loop x5*	DLC x5*, ¼ Turn Backwards	Loop x5*	Wende Dismount																																																								
																																																												
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 border="0"> <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 border="0"> <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 border="0"> <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 border="0"> <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.

RINGS – LEVEL 4

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

Item	Skill 1	Skill 2 – BONUS	Skill 3 – Bonus Skill	Skill 4
Skill Value	1.5	1.0	+ 0.5	1.0
Required Skill	Muscle-Up (Coach Assisted)	L-Sit (2sec)	Press to Bent-Arm Handstand (2 Sec)	Roll to Inverted Hang
				
Technical Description	From a still hang with straight arms, muscle-up to support with coach assistance.	Lift to L-sit (hold 2 seconds).	Bent-arm/bent-body press to shoulder stand (hold 2 seconds).	Push through support and roll backwards slowly with control to momentary inverted hang.
Typical Deductions	Legs apart in lift 0.3 Bent arms in hang 0.1-0.5 Bent hips 0.1-0.5 Lack of rhythm 0.1-0.3 Swing action 0.1-0.5 Arms bent in support 0.1-0.5	Bent knees 0.1-0.5 Bent arms 0.1-0.5 Rings not straight 0.1-0.5 Arms touching cables 0.3 Legs not horizontal 0.1-0.5 Feet not pointed 0.1 Hold < 2 seconds 0.3 No hold 0.5	Arms touching cables 0.3 Lack of rhythm 0.1-0.3 Body > 15° from vertical (16°-30°/31°-45°/>45°) 0.1-0.5 Body not straight 0.1-0.5 Hold < 2 seconds 0.3 No hold 0.5 Fall from shoulder stand 1.0	Lack of control / rhythm 0.1-0.3 Bent knees 0.1-0.5 Momentary inverted hang not shown 0.3

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

RINGS – LEVEL 4

Level 4 cont. (page 2/2)

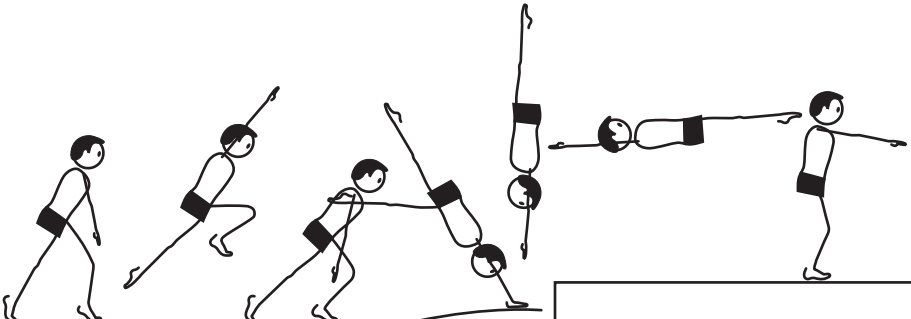
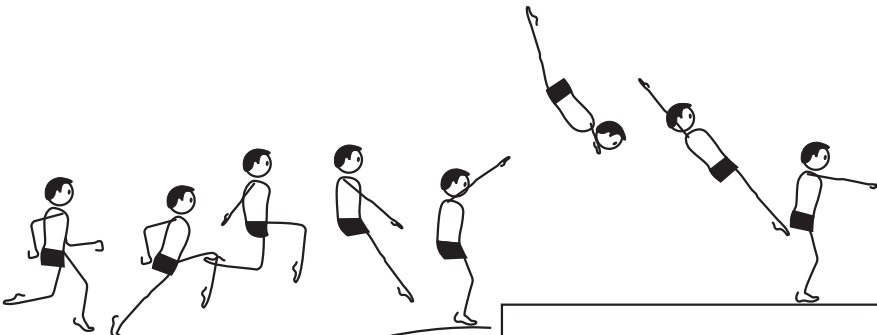
Item	Skill 5	Skill 6	Skill 7	Skill 8
Skill Value	1.0	0.5	3.0	2.0
Required Skill	Dorsal Hang	Basket	Long Swing x3	Salto Backwards Stretched Dismount
Technical Description	Slowly lower through basket to momentary dorsal hang.	Lift with bent-body to momentary basket position.	Cast into swing backwards to horizontal (hips to shoulder height) and swing forwards to horizontal x3.	On the 3 rd swing forwards, swing through to salto backwards stretched dismount to stand.
Typical Deductions	Momentary dorsal hang not shown 0.3 Lack of shoulder flexibility 0.1-0.5 Bent hips 0.1-0.5 Feet not pointed 0.1	Momentary basket position not shown 0.3 Bent knees 0.1-0.5 Legs not horizontal 0.1-0.5 Lack of flexibility 0.1-0.5 Feet not pointed 0.1	Front/Back Swings: Hips below shoulders (1°-15°/16°-30°/>30°) 0.1-0.5 Bent knees 0.1-0.5 Bent hips 0.1-0.5 Feet apart 0.1-0.5 Rings not turned out on backward swing 0.1-0.3	Lack of height (hips < ring height) 0.1-0.3 Poor body position 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

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 style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 50%;">Bent knees</td><td style="width: 50%;">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 style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 50%;">Bent knees</td><td style="width: 50%;">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 style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 50%; text-align: center;">Front Swings</td><td style="width: 50%;"></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 style="text-align: center;">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 style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 50%;">Momentary handstand not shown</td><td style="width: 50%;">0.3</td></tr> <tr><td style="text-align: center;">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 style="text-align: center;">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

HORIZONTAL BAR – LEVEL 4

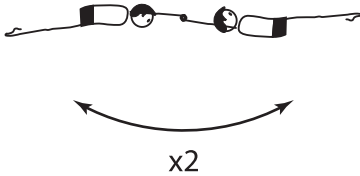
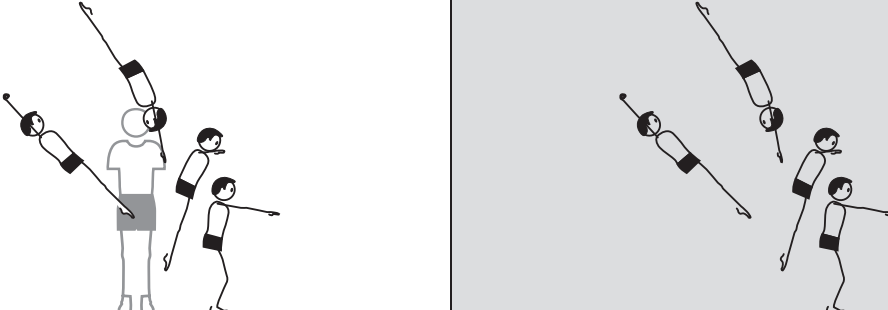
One **BONUS skill** (page 1/2)

Item	Skill 1	Skill 2	Skill 3	Skill 4																																																		
Skill Value	1.5	0.5	1.5	2.5																																																		
Required Skill	L-Hang, Tension Swing, Undershoot	Swing backwards	Kip, Cast	Stalder Undershoot, Swing Backwards																																																		
Technical Description	From a still hang in top grip, lift legs to momentary L-hang, beat backwards and undershoot forwards.	Swing backwards to horizontal.	Glide forwards into kip to support with immediate cast to horizontal.	Straddle legs and stalder action (no feet on the bar) into undershoot forwards and swing backwards to horizontal.																																																		
Typical Deductions	<table border="0"> <tr><td>Legs apart in lift</td><td>0.3</td></tr> <tr><td>Momentary L-hang not shown</td><td>0.3</td></tr> <tr><td>Bent knees</td><td>0.1-0.5</td></tr> <tr><td>Closed shoulders</td><td>0.1-0.5</td></tr> <tr><td>Legs not horizontal</td><td>0.1-0.5</td></tr> <tr><td>Poor body tension</td><td>0.1-0.5</td></tr> <tr><td>Hips < bar height</td><td>0.1-0.5</td></tr> <tr><td>Feet not pointed</td><td>0.1</td></tr> </table>	Legs apart in lift	0.3	Momentary L-hang not shown	0.3	Bent knees	0.1-0.5	Closed shoulders	0.1-0.5	Legs not horizontal	0.1-0.5	Poor body tension	0.1-0.5	Hips < bar height	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>Poor dish shape</td><td>0.1-0.5</td></tr> <tr><td>Hips < horizontal (1°-15°/16°-30°/> 30°)</td><td>0.1-0.5</td></tr> <tr><td>Feet not pointed</td><td>0.1</td></tr> </table>	Bent knees	0.1-0.5	Poor dish shape	0.1-0.5	Hips < horizontal (1°-15°/16°-30°/> 30°)	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>Bent arms</td><td>0.1-0.5</td></tr> <tr><td>Pause in support</td><td>0.3</td></tr> <tr><td>Cast < horizontal (< 15°/16°-30°/ > 30°)</td><td>0.1-0.5</td></tr> <tr><td>Additional cast (each time)</td><td>0.3</td></tr> <tr><td>Stop in support</td><td>0.5</td></tr> </table>	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Pause in support	0.3	Cast < horizontal (< 15°/16°-30°/ > 30°)	0.1-0.5	Additional cast (each time)	0.3	Stop in support	0.5	<table border="0"> <tr><td>Feet on bar</td><td>0.5</td></tr> <tr><td>Bent knees</td><td>0.1-0.5</td></tr> <tr><td>Hips < bar height in undershoot</td><td>0.3</td></tr> <tr><td>Back Swing</td><td></td></tr> <tr><td>Poor dish shape</td><td></td></tr> <tr><td>Hips < bar height (1°-15°/16°-30°/> 30°)</td><td>0.1-0.5</td></tr> <tr><td></td><td>0.1-0.5</td></tr> </table>	Feet on bar	0.5	Bent knees	0.1-0.5	Hips < bar height in undershoot	0.3	Back Swing		Poor dish shape		Hips < bar height (1°-15°/16°-30°/> 30°)	0.1-0.5		0.1-0.5
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Momentary requires the gymnast to stop in the described position but not hold the position

HORIZONTAL BAR – LEVEL 4

Level 4 cont. (page 2/2)

Item	Skill 5	Skill 6	Skill 6 – BONUS																																
Skill Value	2.0	2.0	+ 0.5																																
Required Skill	Long Swing x2	Salto Backwards Stretched Dismount (Coach Assisted)	Salto Backwards Stretched Dismount																																
																																			
Technical Description	Swing forwards to bar height and backwards to bar height x2.	Swing forwards into salto backwards stretched dismount to stand with coach assistance.	Swing forwards into salto backwards stretched dismount to stand.																																
Typical Deductions	<table style="width: 100%; border: none;"> <tr> <td style="text-align: center;">Front Swings</td> <td></td> </tr> <tr> <td>Bent hips</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Hips < bar height (1°-15°/16°-30°/> 30°)</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td style="text-align: center;">Back Swings</td> <td></td> </tr> <tr> <td>Poor dish shape</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Hips < bar height (1°-15°/16°-30°/> 30°)</td> <td style="text-align: right;">0.1-0.5</td> </tr> </table>	Front Swings		Bent hips	0.1-0.5	Hips < bar height (1°-15°/16°-30°/> 30°)	0.1-0.5	Back Swings		Poor dish shape	0.1-0.5	Hips < bar height (1°-15°/16°-30°/> 30°)	0.1-0.5	<table style="width: 100%; border: none;"> <tr> <td>Lack of height (hips below bar)</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Poor body position</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>	Lack of height (hips below bar)	0.1-0.5	Poor body position	0.1-0.5	Feet not pointed	0.1	Steps / uncontrolled landing	0.1-0.3	Fall	1.0	<table style="width: 100%; border: none;"> <tr> <td>Lack of height (hips below bar)</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Poor body position</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>	Lack of height (hips below bar)	0.1-0.5	Poor body position	0.1-0.5	Feet not pointed	0.1	Steps / uncontrolled landing	0.1-0.3	Fall	1.0
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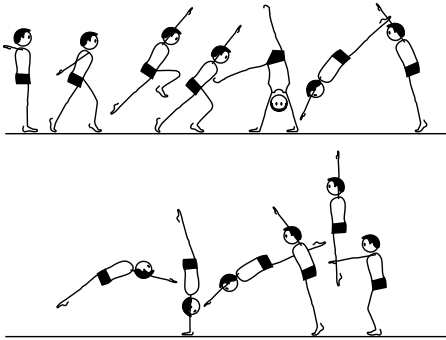
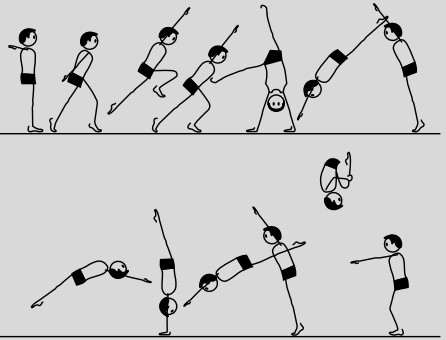
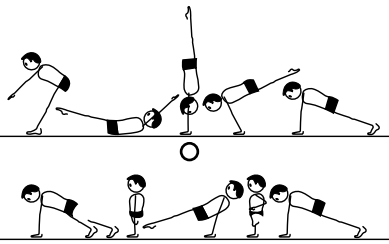
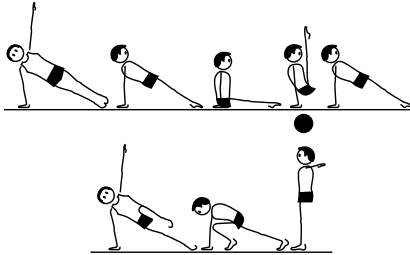


Gymnastics Australia
Men's Australian Levels Program
NATIONAL COMPETITION CURRICULUM
LEVEL 5

FLOOR EXERCISE – LEVEL 5

Two BONUS skills (page 1/2)

This routine should be completed in approx. 45 seconds

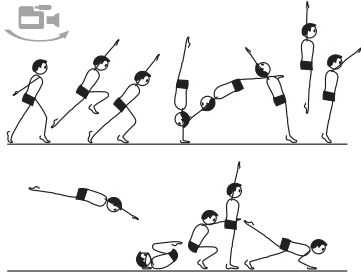
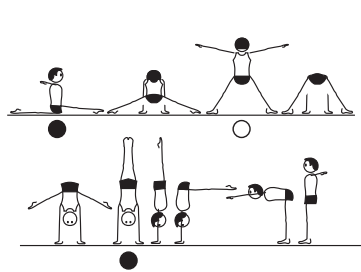
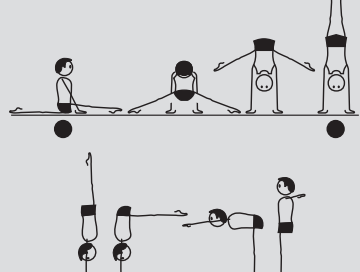
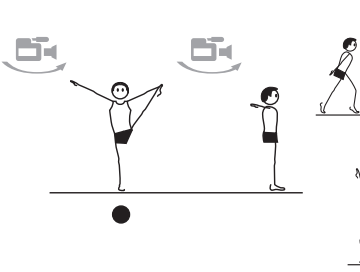
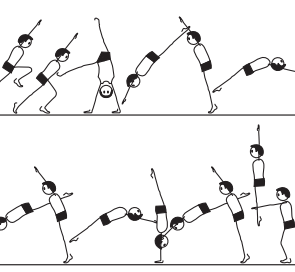
Item	Skill 1	Skill 1 – BONUS	Skill 2	Skill 3																																																						
Skill Value	1.0	+ 0.5	2.0	1.0																																																						
Required Skill	Round-Off, Back Flip, Straight Jump	Round-Off, Back Flip, Salto Backwards Tucked	Backward Roll to Handstand, Front Support, DLC x1	Rear Support, V-Sit (2 Sec), Rear Support, Stand																																																						
																																																										
Technical Description	Stand inside the floor area, lift arms to a presentation position and begin the routine. From a short run, hurdle round-off, back handspring, straight jump to stand.	Stand inside the floor area, lift arms to a presentation position and begin the routine. From a short run, hurdle round-off, back handspring, salto backwards tucked to stand.	Backward roll with straight arms through momentary handstand and lower down to front support in a controlled manner. Step to the side and perform 1x double leg circle to front support.	Turn to rear support and lower to seated L-sit. Lift to V-sit (hold 2 seconds) and push outward to rear support. Lift and bend one leg upwards and turn over the remaining straight leg to stand.																																																						
Typical Deductions	<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>Body not stretched in jump</td><td>0.1-0.5</td></tr> <tr><td>Steps/uncontrolled landing</td><td>0.1-0.3 (ea)</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	Body not stretched in jump	0.1-0.5	Steps/uncontrolled landing	0.1-0.3 (ea)	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>Lack of height in salto</td><td>0.1-0.3</td></tr> <tr><td>Poor tuck position in salto</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>	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	Lack of height in salto	0.1-0.3	Poor tuck position in salto	0.1-0.5	Steps/uncontrolled landing	0.1-0.3	Fall	1.0	<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>Momentary handstand not shown</td><td>0.3</td></tr> <tr><td>Backward roll < vertical (1°-15°/16°-30°/> 30°)</td><td>0.1-0.5</td></tr> <tr><td>Lack of control in lower</td><td>0.1-0.3</td></tr> <tr><td>Lack of extension in DLC</td><td>0.1-0.3</td></tr> </table>	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Momentary handstand not shown	0.3	Backward roll < vertical (1°-15°/16°-30°/> 30°)	0.1-0.5	Lack of control in lower	0.1-0.3	Lack of extension in DLC	0.1-0.3	<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 < vertical in V-sit (1°-15°/16°-30°/> 30°)</td><td>0.1-0.5</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 < vertical in V-sit (1°-15°/16°-30°/> 30°)	0.1-0.5	Hold < 2 seconds	0.3	No hold	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 5

Level 5 cont. (page 2/2)

Item	Skill 4	Skill 5	Skill 5 – BONUS	Skill 6	Skill 7																																																																												
Skill Value	1.5	1.5	+ 0.5	1.0	2.0																																																																												
Required Skill	Handspring, Jump, Dive Roll, Prone	Splits (2 Sec), Straddle Stand, Swiss Press (2 Sec)	Splits (2 Sec), Press to Handstand (2 Sec)	Y-Scale (2 Sec)	Round-Off, Back Flip x2, Straight Jump																																																																												
																																																																																	
Technical Description	From a short run, handspring rebound straight jump and immediate punch dive roll to stand and fall to prone with one leg raised.	Swing raised leg around to front splits (hold 2 seconds). Press with straight arms to momentary straddle stand. Swiss press to handstand (hold 2 seconds) and 45° turn with pike down to stand to face opposite corner.	Swing raised leg around to front splits (hold 2 seconds). Press with straight arms to handstand (hold 2 seconds) and 45° with pike down to stand to face opposite corner.	Lift to Y-scale (hold 2 seconds).	From a short run, hurdle round-off, back handspring x2, straight jump 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>Poor body shape</td><td>0.1-0.5</td></tr> <tr><td>No rebound</td><td>0.3</td></tr> <tr><td>Dive roll not stretched</td><td>0.1-0.5</td></tr> <tr><td>Lack of height in dive roll</td><td>0.1-0.5</td></tr> <tr><td>Lack of rhythm</td><td>0.1-0.3</td></tr> <tr><td>Raised leg < vertical (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	Poor body shape	0.1-0.5	No rebound	0.3	Dive roll not stretched	0.1-0.5	Lack of height in dive roll	0.1-0.5	Lack of rhythm	0.1-0.3	Raised leg < vertical (1°-15°/16°-30°/> 30°)	0.1-0.5	<table border="0"> <tr><td>Lack of flexibility</td><td>0.1-0.5</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>Hold < 2 seconds</td><td>0.3</td></tr> <tr><td>No hold</td><td>0.5</td></tr> <tr><td>Momentary straddle stand not shown</td><td>0.3</td></tr> <tr><td>Lack of rhythm in press</td><td>0.1-0.3</td></tr> <tr><td>Jump action in press</td><td>0.5</td></tr> <tr><td>Poor handstand shape</td><td>0.1-0.5</td></tr> </table>	Lack of flexibility	0.1-0.5	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Hold < 2 seconds	0.3	No hold	0.5	Momentary straddle stand not shown	0.3	Lack of rhythm in press	0.1-0.3	Jump action in press	0.5	Poor handstand shape	0.1-0.5	<table border="0"> <tr><td>Lack of flexibility</td><td>0.1-0.5</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>Hold < 2 seconds</td><td>0.3</td></tr> <tr><td>No hold</td><td>0.5</td></tr> <tr><td>Lack of rhythm in press</td><td>0.1-0.3</td></tr> <tr><td>Poor handstand shape</td><td>0.1-0.5</td></tr> <tr><td>Feet not pointed</td><td>0.1</td></tr> </table>	Lack of flexibility	0.1-0.5	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Hold < 2 seconds	0.3	No hold	0.5	Lack of rhythm in press	0.1-0.3	Poor handstand shape	0.1-0.5	Feet not pointed	0.1	<table border="0"> <tr><td>Raised leg < shoulder height</td><td>0.1-0.5</td></tr> <tr><td>Bent knees</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> </table>	Raised leg < shoulder height	0.1-0.5	Bent knees	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	<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>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	Steps/uncontrolled landing	0.1-0.3	Fall	1.0
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Momentary straddle stand not shown	0.3																																																																																
Lack of rhythm in press	0.1-0.3																																																																																
Jump action in press	0.5																																																																																
Poor handstand shape	0.1-0.5																																																																																
Lack of flexibility	0.1-0.5																																																																																
Bent knees	0.1-0.5																																																																																
Bent arms	0.1-0.5																																																																																
Hold < 2 seconds	0.3																																																																																
No hold	0.5																																																																																
Lack of rhythm in press	0.1-0.3																																																																																
Poor handstand shape	0.1-0.5																																																																																
Feet not pointed	0.1																																																																																
Raised leg < shoulder height	0.1-0.5																																																																																
Bent knees	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																																																																																
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																																																																																
Steps/uncontrolled landing	0.1-0.3																																																																																
Fall	1.0																																																																																

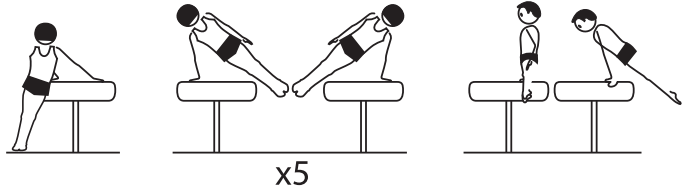
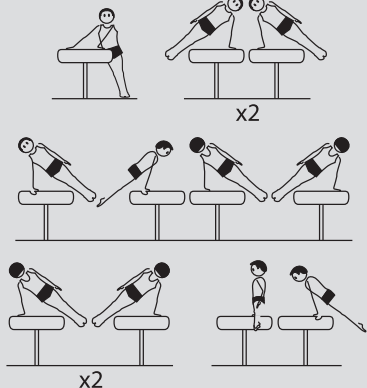
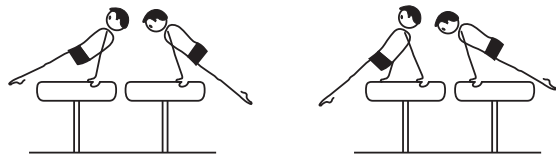
Momentary requires the gymnast to stop in the described position but not hold the position

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

POMMEL HORSE – LEVEL 5

Two BONUS skills (page 1/2)

This routine is performed on a Buck

Item	Skill 1	Skill 1 – BONUS	Skill 2																																												
Skill Value	3.5	+ 0.5	2.0																																												
Required Skill	DLC x5*, ¼ Turn	DLC x2*, Czeckehre, DLC x2*, ¼ Turn	Loop x2*, Travel																																												
																																															
Technical Description	From a standing position jump or swing into side support circle x5 (minimum). ¼ turn backwards to a front support position in cross support on the back end of the buck.	From a standing position jump or swing into side support circle x2 (minimum). Czeckehre to a front support position and side support circle x2 (minimum). ¼ turn backwards to a front support position in cross support on the back end of the buck.	Cross support circle x2 (minimum) and step travel forwards to front support on the front end of the buck. NB: The middle of the buck should be clearly marked																																												
Typical Deductions	<table border="0" style="width: 100%;"> <tr><td>Lack of extension (per circle)</td><td style="text-align: right;">0.1</td></tr> <tr><td>Hip breaks (each time)</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>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>Fall</td><td style="text-align: right;">1.0</td></tr> </table>	Lack of extension (per circle)	0.1	Hip breaks (each time)	0.1-0.3	Bent knees	0.1-0.5	Legs apart	0.1-0.5	Feet not pointed	0.1	Incomplete turn	0.1-0.5	Incorrect hand placement in turn	0.1-0.3	Fall	1.0	<table border="0" style="width: 100%;"> <tr><td>Lack of extension (per circle)</td><td style="text-align: right;">0.1</td></tr> <tr><td>Hip breaks (each time)</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>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> </table>	Lack of extension (per circle)	0.1	Hip breaks (each time)	0.1-0.3	Bent knees	0.1-0.5	Legs apart	0.1-0.5	Feet not pointed	0.1	Incomplete turn	0.1-0.5	Incorrect hand placement in turn	0.1-0.3	<table border="0" style="width: 100%;"> <tr><td>Lack of extension (per circle)</td><td style="text-align: right;">0.1</td></tr> <tr><td>Hip breaks (each time)</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>Angular deviation (skewing) (per circle)</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Step travel not evident (not passing over the middle of the buck)</td><td style="text-align: right;">0.3-0.5</td></tr> </table>	Lack of extension (per circle)	0.1	Hip breaks (each time)	0.1-0.3	Bent knees	0.1-0.5	Legs apart	0.1-0.5	Feet not pointed	0.1	Angular deviation (skewing) (per circle)	0.1-0.5	Step travel not evident (not passing over the middle of the buck)	0.3-0.5
Lack of extension (per circle)	0.1																																														
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Bent knees	0.1-0.5																																														
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Feet not pointed	0.1																																														
Angular deviation (skewing) (per circle)	0.1-0.5																																														
Step travel not evident (not passing over the middle of the buck)	0.3-0.5																																														

* 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 0.6 from the D-Score.

POMMEL HORSE – LEVEL 5

Level 5 cont. (page 2/2)

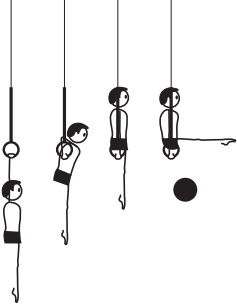
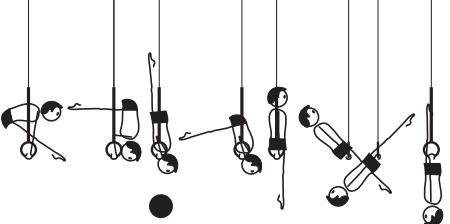
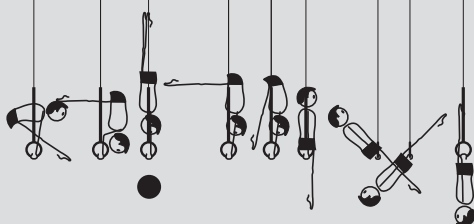
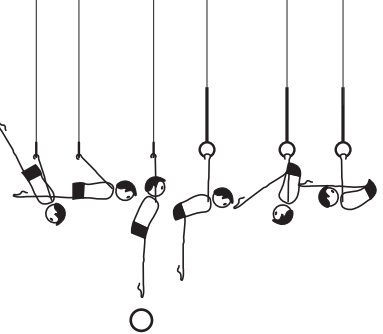
Item	Skill 4	Skill 4 – BONUS	Skill 5																																																
Skill Value	2.0	2.5	+ 0.5																																																
Required Skill	Rear Loop x2*, Travel	Loop x2*, Wende Dismount	Loop x2*, DSA to Wende Dismount																																																
Technical Description	Cross support circle facing outwards x2 (minimum). Step travel backwards to a front support position on the back end of the buck.	Cross support circle x2 (minimum) and wende dismount above horizontal to stand.	Cross support circle x2 (minimum) and Direct Stockli A to immediate wende dismount above horizontal to stand.																																																
Typical Deductions	<table border="0"> <tr><td>One hand behind middle (per circle)</td><td>0.1</td></tr> <tr><td>Both hands behind midline (per circle)</td><td>0.3</td></tr> <tr><td>Lack of extension (per circle)</td><td>0.1</td></tr> <tr><td>Hip breaks (each time)</td><td>0.1-0.3</td></tr> <tr><td>Bent knees</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> <tr><td>Angular deviation (skewing) (per circle)</td><td>0.1-0.5</td></tr> <tr><td>Step travel not evident (not passing over the middle of the buck)</td><td>0.3-0.5</td></tr> </table>	One hand behind middle (per circle)	0.1	Both hands behind midline (per circle)	0.3	Lack of extension (per circle)	0.1	Hip breaks (each time)	0.1-0.3	Bent knees	0.1-0.5	Legs apart	0.1-0.5	Feet not pointed	0.1	Angular deviation (skewing) (per circle)	0.1-0.5	Step travel not evident (not passing over the middle of the buck)	0.3-0.5	<table border="0"> <tr><td>Lack of extension (per circle)</td><td>0.1</td></tr> <tr><td>Hip breaks (each time)</td><td>0.1-0.3</td></tr> <tr><td>Bent knees</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> <tr><td>Angular deviation (skewing) (per circle)</td><td>0.1-0.5</td></tr> <tr><td>Dismount not above horizontal (feet above the shoulders)</td><td>0.3</td></tr> </table>	Lack of extension (per circle)	0.1	Hip breaks (each time)	0.1-0.3	Bent knees	0.1-0.5	Legs apart	0.1-0.5	Feet not pointed	0.1	Angular deviation (skewing) (per circle)	0.1-0.5	Dismount not above horizontal (feet above the shoulders)	0.3	<table border="0"> <tr><td>Lack of extension (per circle)</td><td>0.1</td></tr> <tr><td>Hip breaks (each time)</td><td>0.1-0.3</td></tr> <tr><td>Bent knees</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> <tr><td>Incomplete turn</td><td>0.1-0.5</td></tr> <tr><td>Angular deviation (skewing) (per circle)</td><td>0.1-0.5</td></tr> <tr><td>Dismount not above horizontal (feet above the shoulders)</td><td>0.3</td></tr> </table>	Lack of extension (per circle)	0.1	Hip breaks (each time)	0.1-0.3	Bent knees	0.1-0.5	Legs apart	0.1-0.5	Feet not pointed	0.1	Incomplete turn	0.1-0.5	Angular deviation (skewing) (per circle)	0.1-0.5	Dismount not above horizontal (feet above the shoulders)	0.3
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Angular deviation (skewing) (per circle)	0.1-0.5																																																		
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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 0.6 from the D-Score.

RINGS – LEVEL 5

One BONUS skills (page 1/2)

Item	Skill 1	Skill 2	Skill 2 – BONUS	Skill 3																																																																						
Skill Value	2.5	2.0	+ 1.0	1.0																																																																						
Required Skill	Muscle-Up, L-Sit (2 sec)	Press to Bent-Arm Handstand (2 sec)	Press to Handstand (2 sec)	Lower through Back Lever																																																																						
																																																																										
Technical Description	From a still hang with straight arms, muscle-up to support. Lift to L-sit (hold 2 seconds).	Bent-arm/bent-body press to shoulder stand (hold 2 seconds). Push through straight-arm support and roll backwards with control to inverted hang. <i>Slight bending of arms allowed in roll backwards</i>	Bent-arm/bent-body press to handstand with feet resting on the cables (hold 2 seconds). Lower slowly through support and roll backwards with control to inverted hang. <i>Slight bending of arms allowed in roll backwards</i>	Lower slowly through straddled hanging scale rearways (no stop required) to momentary dorsal hang. Lift with bent-body to basket.																																																																						
Typical Deductions	<table border="0"> <tr><td>Legs apart in lift</td><td>0.3</td></tr> <tr><td>Bent arms in hang</td><td>0.1-0.5</td></tr> <tr><td>Bent hips</td><td>0.1-0.5</td></tr> <tr><td>Lack of rhythm</td><td>0.1-0.3</td></tr> <tr><td>Swing action</td><td>0.1-0.5</td></tr> <tr><td>Bent arms in support</td><td>0.1-0.5</td></tr> <tr><td>Rings not straight</td><td>0.1-0.5</td></tr> <tr><td>Arms touching cables</td><td>0.3</td></tr> <tr><td>Legs not horizontal</td><td>0.1-0.5</td></tr> <tr><td>Bent knees</td><td>0.1-0.5</td></tr> <tr><td>Hold < 2 seconds</td><td>0.3</td></tr> <tr><td>No hold</td><td>0.5</td></tr> </table>	Legs apart in lift	0.3	Bent arms in hang	0.1-0.5	Bent hips	0.1-0.5	Lack of rhythm	0.1-0.3	Swing action	0.1-0.5	Bent arms in support	0.1-0.5	Rings not straight	0.1-0.5	Arms touching cables	0.3	Legs not horizontal	0.1-0.5	Bent knees	0.1-0.5	Hold < 2 seconds	0.3	No hold	0.5	<table border="0"> <tr><td>Arms touching cables</td><td>0.3</td></tr> <tr><td>Lack of rhythm</td><td>0.1-0.3</td></tr> <tr><td>Body > 15° from vertical (16°-30°/31°-45°/> 45°)</td><td>0.1-0.5</td></tr> <tr><td>Body not straight in shoulder stand</td><td>0.1-0.5</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 control</td><td>0.1-0.3</td></tr> <tr><td>Fall from shoulder stand</td><td>1.0</td></tr> </table>	Arms touching cables	0.3	Lack of rhythm	0.1-0.3	Body > 15° from vertical (16°-30°/31°-45°/> 45°)	0.1-0.5	Body not straight in shoulder stand	0.1-0.5	Hold < 2 seconds	0.3	No hold	0.5	Lack of control	0.1-0.3	Fall from shoulder stand	1.0	<table border="0"> <tr><td>Arms touching cables</td><td>0.3</td></tr> <tr><td>Bent knees</td><td>0.1-0.5</td></tr> <tr><td>Lack of rhythm</td><td>0.1-0.3</td></tr> <tr><td>Feet around cables</td><td>0.5</td></tr> <tr><td>Body not straight in handstand</td><td>0.1-0.5</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 control</td><td>0.1-0.3</td></tr> <tr><td>Fall from shoulder handstand</td><td>1.0</td></tr> </table>	Arms touching cables	0.3	Bent knees	0.1-0.5	Lack of rhythm	0.1-0.3	Feet around cables	0.5	Body not straight in handstand	0.1-0.5	Hold < 2 seconds	0.3	No hold	0.5	Lack of control	0.1-0.3	Fall from shoulder handstand	1.0	<table border="0"> <tr><td>Bent knees</td><td>0.1-0.5</td></tr> <tr><td>Body not straight</td><td>0.1-0.5</td></tr> <tr><td>Lack of control</td><td>0.1-0.3</td></tr> <tr><td>Momentary dorsal hang not shown</td><td>0.3</td></tr> <tr><td>Lack of shoulder flexibility</td><td>0.1-0.5</td></tr> <tr><td>Feet not pointed</td><td>0.1</td></tr> </table>	Bent knees	0.1-0.5	Body not straight	0.1-0.5	Lack of control	0.1-0.3	Momentary dorsal hang not shown	0.3	Lack of shoulder flexibility	0.1-0.5	Feet not pointed	0.1
Legs apart in lift	0.3																																																																									
Bent arms in hang	0.1-0.5																																																																									
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Feet not pointed	0.1																																																																									

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

RINGS – LEVEL 5

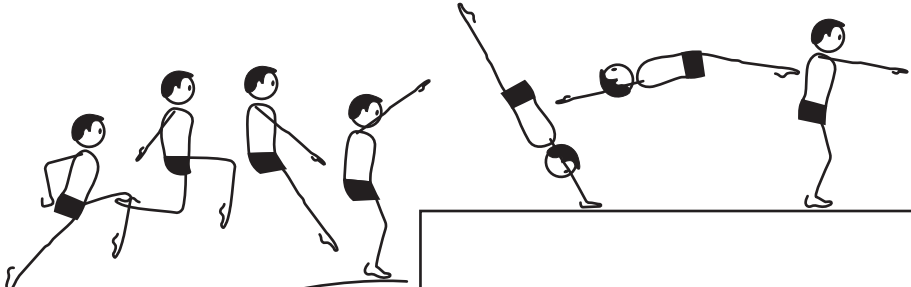
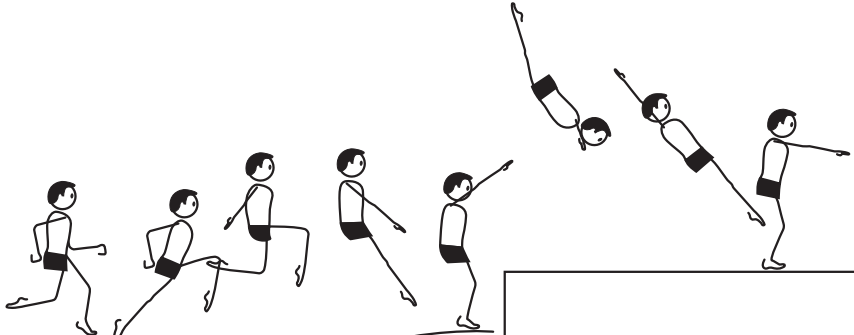
Level 5 cont. (page 2/2)

Item	Skill 4	Skill 5	Skill 6	Skill 7	Skill 8
Skill Value	0.5	1.0	1.0	1.0	1.0
Required Skill	Long Swing x1	Inlocate	Long Swing x2	Dislocate	Salto Backwards Stretched Dismount
Technical Description	Immediate cast into swing backwards above ring height and forwards above ring height x1.	Swing backwards and through to stretched inlocate.	Swing backwards above ring height and forwards above ring height x2.	On the 2 nd swing forwards swing through to stretched dislocate.	Swing forwards into salto backwards stretched dismount to stand.
Typical Deductions	Front/Back Swings: Bent hips 0.1-0.5 Hips < ring height (<15°/16°-30°/> 30°) 0.1-0.5 Rings not turned out on backward swing 0.1-0.3	Bent knees 0.1-0.5 Bent hips 0.1-0.5 Lack of rhythm 0.1-0.3 No shoulder lift 0.3	Front/Back Swings: Bent hips 0.1-0.5 Hips < ring height (<15°/16°-30°/> 30°) 0.1-0.5 Rings not turned out on backward swing 0.1-0.3	Bent knees 0.1-0.5 Bent hips 0.1-0.5 Lack of rhythm 0.1-0.3 No shoulder lift 0.3	Lack of height (hips < ring height) 0.1-0.3 Poor body position 0.1-0.5 Steps / uncontrolled Landing 0.1-0.3 Fall 1.0

VAULT – LEVEL 5

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 to a 2-footed take-off and handspring (using an underarm action) from hands on 60cm mat (or box)* to land on 60cm matting**.</p> <p>* No Vaulting Table ** 60cm Matting = 20cm landing mat + 1x 10cm landing mat & 1x 30cm landing mat OR 2x 30cm landing mats</p>	<p>From a maximum 25m run, hurdle to a 2-footed take-off and salto forwards stretched to land on 60cm matting**.</p> <p>** 60cm Matting = 20cm landing mat + 1x 10cm landing mat & 1x 30cm landing mat OR 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>Bent knees (Pre-Flight)</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Legs apart (Pre-Flight)</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Bent body (Pre-Flight)</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Bent arms (Contact phase)</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Bent knees (Post-Flight)</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Legs apart (Post-Flight)</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Bent body (Post-Flight)</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Lack of height</td><td style="text-align: right;">0.1-0.5</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 action	0.3	Bent knees (Pre-Flight)	0.1-0.5	Legs apart (Pre-Flight)	0.1-0.5	Bent body (Pre-Flight)	0.1-0.5	Bent arms (Contact phase)	0.1-0.5	Bent knees (Post-Flight)	0.1-0.5	Legs apart (Post-Flight)	0.1-0.5	Bent body (Post-Flight)	0.1-0.5	Lack of height	0.1-0.5	Steps / uncontrolled landing	0.1-0.3	Fall	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 5

Two BONUS skills (page 1/2)

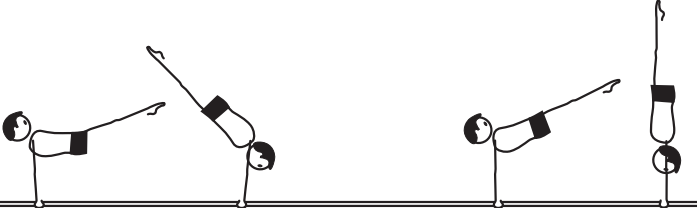
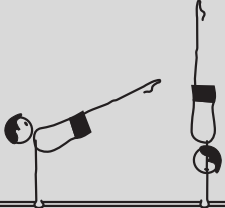
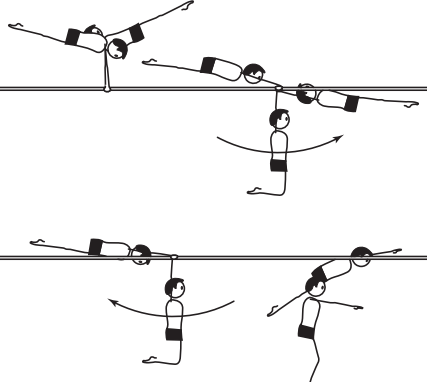
Maximum height of Parallel Bars is 180cm from competition matting

Item	Skill 1	Skill 2	Skill 3	Skill 4	Skill 4 – BONUS
Skill Value	2.0	1.5	1.5	1.0	+ 0.5
Required Skill	Long Swing x2	Glide Kip to L-Sit (2 Sec)	Press to Straddled L-Sit (2 Sec)	Press Backwards	Press to Handstand
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 L-sit (hold 2 seconds).	Press through support with straight arms and straight legs to straddled L-sit (hold 2 seconds).	Press backwards through to support above horizontal.	Press to momentary handstand with straight arms.
Typical Deductions	Feet below bar height on front swing 0.1-0.5 Hips below 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 Feet not pointed 0.1 Legs not horizontal 0.1-0.5 Hold < 2 seconds 0.3 No hold 0.5	Bent knees 0.1-0.5 Bent arms 0.1-0.5 Feet not pointed 0.1 Legs not horizontal 0.1-0.5 Hold < 2 seconds 0.3 No hold 0.5	Bent knees 0.1-0.5 Bent arms 0.1-0.5 Feet not pointed 0.1 Legs joining below horizontal 0.1-0.5	Momentary handstand not shown 0.3 Bent knees 0.1-0.5 Bent arms 0.1-0.5 Feet not pointed 0.1 Swing action in press 0.1-0.5

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

PARALLEL BARS – LEVEL 5

Level 5 cont. (page 2/2)

Item	Skill 5	Skill 6	Skill 6 – BONUS	Skill 7
Skill Value	0.5	1.0	+ 0.5	2.5
Required Skill	Support Swing	Swing to Handstand	Swing to Handstand (2 Sec)	Swing, Bail to Long Swing Forwards, Dismount
				
		○	●	
Technical Description	Swing forwards to horizontal and backwards to 45° above horizontal.	Swing forwards to horizontal and backwards to momentary handstand.	Swing forwards to horizontal and backwards to handstand (hold 2 seconds) <i>NB: No bonus if handstand is not held for the full 2 seconds.</i>	Swing forwards and backwards (feet above bar height) to bail into long hang swing forwards. Swing backwards to bar height and release the bar to stand. <i>NB: No deduction for bent knees through the bottom of the swing.</i>
Typical Deductions	Front Swings Bent hips 0.1-0.5 Below horizontal 0.1-0.5 Back Swings Excessive arch 0.1-0.5 < 45° above horizontal (44°-30°/29°-15°/< 15°) 0.1-0.5	Momentary handstand not shown 0.3 Front Swings Bent hips 0.1-0.5 Below horizontal 0.1-0.5 Back Swings Excessive arch 0.1-0.5 < vertical 0.1-0.5 (< 15°/16°-30°/> 30°)	Front Swings Bent hips 0.1-0.5 Below horizontal 0.1-0.5 Back Swings Excessive arch 0.1-0.5	Feet below bar height in support swing 0.1-0.5 Feet below bar height at front of long swing 0.1-0.5 Hips below bar height on back swing 0.1-0.5 Excessive pike in long swing 0.1-0.5

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

HORIZONTAL BAR – LEVEL 5

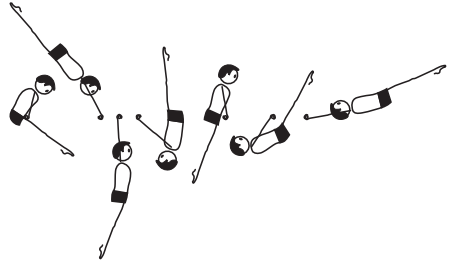
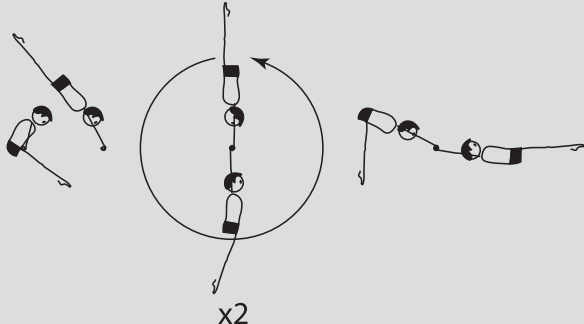
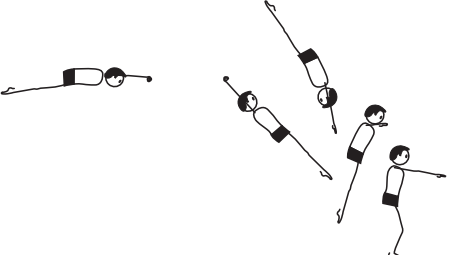
Two BONUS skills (page 1/2)

Item	Skill 1	Skill 2	Skill 3																														
Skill Value	1.0	2.5	1.0																														
Required Skill	L-Hang, Tension Swing, Undershoot	Long Swing, Endo Mount	Kip																														
Technical Description	From a still hang in top grip, lift legs to momentary L-hang, beat backwards and undershoot forwards.	Swing backwards and forwards through into endo mount and push away to hang.	Glide forwards and kip to support. NB: No deduction for pause after kip																														
Typical Deductions	<table style="width: 100%; border-collapse: collapse;"> <tr><td>Legs apart in lift</td><td style="text-align: right;">0.3</td></tr> <tr><td>Momentary L-hang not shown</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>Closed shoulders</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Legs not horizontal</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Poor body tension</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Hips < bar height in undershoot</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>	Legs apart in lift	0.3	Momentary L-hang not shown	0.3	Bent knees	0.1-0.5	Closed shoulders	0.1-0.5	Legs not horizontal	0.1-0.5	Poor body tension	0.1-0.5	Hips < bar height in undershoot	0.3	Feet not pointed	0.1	<table style="width: 100%; border-collapse: collapse;"> <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>Hips below bar height after endo</td><td style="text-align: right;">0.3</td></tr> <tr><td>Feet touch bar</td><td style="text-align: right;">0.1</td></tr> <tr><td>Legs not together before downward swing after endo</td><td style="text-align: right;">0.3</td></tr> </table>	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Hips below bar height after endo	0.3	Feet touch bar	0.1	Legs not together before downward swing after endo	0.3	<table style="width: 100%; border-collapse: collapse;"> <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> </table>	Bent knees	0.1-0.5	Bent arms	0.1-0.5
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Momentary requires the gymnast to stop in the described position but not hold the position

HORIZONTAL BAR – LEVEL 5

Level 5 cont. (page 2/2)

Item	Skill 4	Skill 4 – BONUS	Skill 5																																								
Skill Value	3.5	+ 1.0	2.0																																								
Required Skill	Cast, ¾ Giant Swing to Undershoot	Cast, Backward Giant x2*, Kill Swing	Swing Backwards, Salto Backwards Stretched Dismount																																								
																																											
Technical Description	Cast to 45° above horizontal. Swing forwards to ¾ giant swing through support to immediate undershoot forwards.	Cast to 45° above horizontal. Giant swing backwards x2 (minimum). Pike down into swing forwards.	Swing backwards to horizontal and swing forwards into salto backwards stretched dismount to stand.																																								
Typical Deductions	<table style="width: 100%; border: none;"> <tr> <td style="width: 70%;">Cast < 45° above horizontal (44°-30°/29°-15°/< 15°)</td> <td style="width: 30%; 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>Legs apart</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Poor body 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>Hips < bar height in undershoot</td> <td style="text-align: right;">0.3</td> </tr> </table>	Cast < 45° above horizontal (44°-30°/29°-15°/< 15°)	0.1-0.5	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Legs apart	0.1-0.5	Poor body shape	0.1-0.5	Lack of rhythm	0.1-0.3	Hips < bar height in undershoot	0.3	<table style="width: 100%; border: none;"> <tr> <td style="width: 70%;">Cast < 45° above horizontal (44°-30°/29°-15°/< 15°)</td> <td style="width: 30%; 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>Legs apart</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Poor body shape</td> <td style="text-align: right;">0.1-0.5</td> </tr> </table>	Cast < 45° above horizontal (44°-30°/29°-15°/< 15°)	0.1-0.5	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Legs apart	0.1-0.5	Poor body shape	0.1-0.5	<table style="width: 100%; border: none;"> <tr> <td style="width: 70%; text-align: center;">Back Swing</td> <td></td> </tr> <tr> <td>Hips below horizontal (1°-15°/16°-30°/> 30°)</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td style="text-align: center;">Dismount</td> <td></td> </tr> <tr> <td>Lack of height (hips below bar)</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Poor body position</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>	Back Swing		Hips below horizontal (1°-15°/16°-30°/> 30°)	0.1-0.5	Dismount		Lack of height (hips below bar)	0.1-0.5	Poor body position	0.1-0.5	Feet not pointed	0.1	Steps / uncontrolled landing	0.1-0.3	Fall	1.0
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Fall	1.0																																										

* No D-Jury deductions for additional giant swings; E-Jury deductions still apply


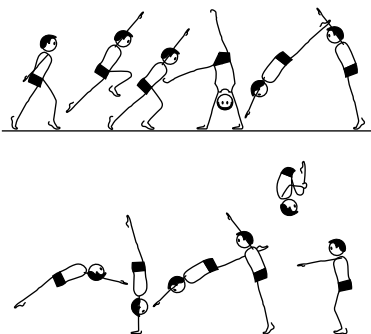
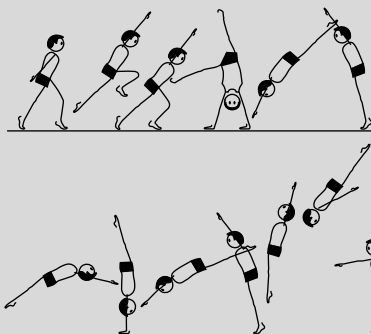
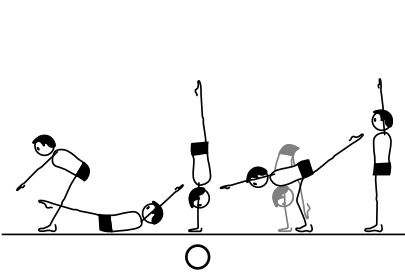
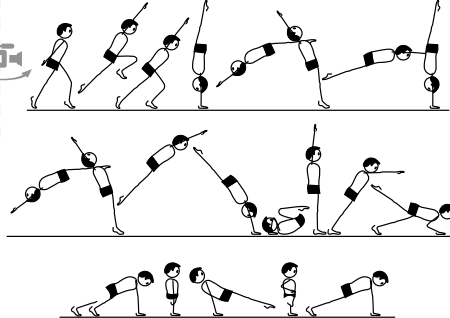


Gymnastics Australia
Men's Australian Levels Program
NATIONAL COMPETITION CURRICULUM
LEVEL 6

FLOOR EXERCISE – LEVEL 6

Two **BONUS** skills (page 1/2)

This routine should be completed in approx. 60 seconds

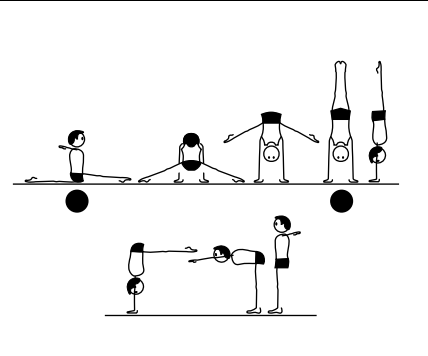
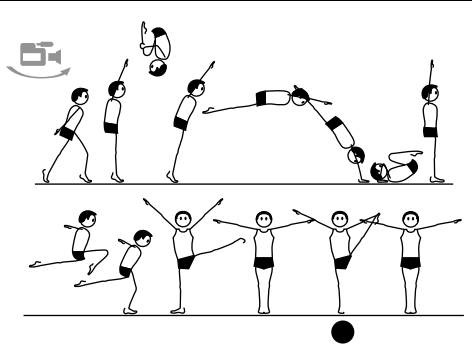
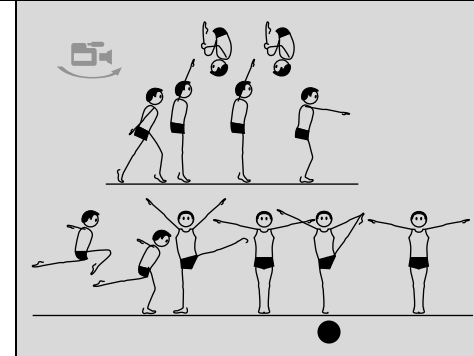
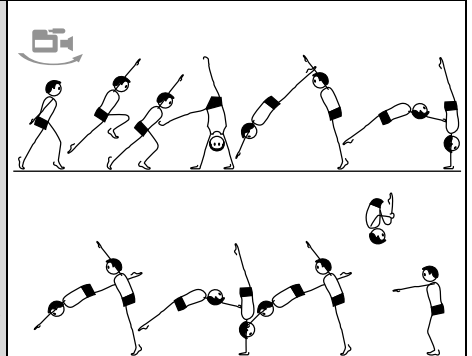
Item	Skill 1	Skill 1 – BONUS	Skill 2	Skill 3																																																								
Skill Value	1.5	+ 0.5	0.5	2.5																																																								
Required Skill	Round-Off, Back Flip, Salto Backwards Tucked	Round-Off, Back Flip, Salto Backwards Stretched	Backward Roll to Handstand	Handspring, Flyspring, Dive Roll, Prone, DLC x1																																																								
 																																																												
Technical Description	Stand inside the floor area, lift arms to a presentation position and begin routine. From a short run hurdle to round-off, back handspring, salto backwards tucked. (A to D)	Stand inside the floor area, lift arms to a presentation position and begin routine. From a short run hurdle to round-off, back handspring, salto backwards stretched. (A to D)	Backward roll with straight arms through momentary handstand and step / pike to the stand in the corner.	From a short run, handspring to immediate flyspring, punch dive roll to stand. Fall to prone with one leg raised. Step to the side and perform 1x double leg circle to front support. (D to A)																																																								
Typical Deductions	<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>Lack of height in salto</td><td>0.1-0.3</td></tr> <tr><td>Poor tuck position in salto</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>	Hurdle not stretched	0.1-0.3	Round-off off-line	0.1-0.5	Lack of rhythm	0.1-0.3	Lack of height in salto	0.1-0.3	Poor tuck position in salto	0.1-0.5	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>Lack of height in salto</td><td>0.1-0.3</td></tr> <tr><td>Poor position in salto</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>	Hurdle not stretched	0.1-0.3	Round-off off-line	0.1-0.5	Lack of rhythm	0.1-0.3	Lack of height in salto	0.1-0.3	Poor position in salto	0.1-0.5	Steps/uncontrolled landing	0.1-0.3	Fall	1.0	<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>Momentary handstand not shown</td><td>0.3</td></tr> <tr><td>Backward roll < vertical (1°-15°/16°-30°/> 30°)</td><td>0.1-0.5</td></tr> <tr><td>Feet not pointed</td><td>0.1</td></tr> </table>	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Momentary handstand not shown	0.3	Backward roll < vertical (1°-15°/16°-30°/> 30°)	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>Bent arms</td><td>0.1-0.5</td></tr> <tr><td>Lack of height in dive roll</td><td>0.1-0.3</td></tr> <tr><td>Body not stretched in dive roll</td><td>0.1-0.5</td></tr> <tr><td>Lack of rhythm</td><td>0.1-0.3</td></tr> <tr><td>Steps/uncontrolled landing</td><td>0.1-0.3</td></tr> <tr><td>Fall</td><td>1.0</td></tr> <tr><td>Back leg < vertical in prone (1°-15°/16°-30°/> 30°)</td><td>0.1-0.5</td></tr> <tr><td>Lack of extension in DLC</td><td>0.1-0.3</td></tr> </table>	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Lack of height in dive roll	0.1-0.3	Body not stretched in dive roll	0.1-0.5	Lack of rhythm	0.1-0.3	Steps/uncontrolled landing	0.1-0.3	Fall	1.0	Back leg < vertical in prone (1°-15°/16°-30°/> 30°)	0.1-0.5	Lack of extension in DLC	0.1-0.3
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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 6

Level 6 cont. (page 2/2)

Item	Skill 4	Skill 5	Skill 5 – BONUS	Skill 6																																																																				
Skill Value	1.5	2.0	+ 0.5	2.0																																																																				
Required Skill	Splits (2 Sec), Press to Handstand (2 Sec)	Salto Forwards Tucked + Dive Roll, Y-Scale	Salto Forwards Tucked + Salto Forwards Tucked, Y-Scale	Round-Off, Back Flip x2, Salto Backwards Tucked																																																																				
																																																																								
Technical Description	Swing one leg around to front splits (hold 2 seconds). Press with straight arms to handstand (hold 2 seconds) and turn with pike down to stand to face along the side of the floor.	From a short run, punch salto forwards tucked + punch dive roll (shoulder height) to stand. Stag leap and kick with turn into corner to face along the diagonal. Lift to Y-scale (hold 2 seconds). (A to B or A to C)	From a short run, punch salto forwards tucked + punch salto forwards tucked (shoulder height). Stag leap and kick with turn into corner to face along the diagonal. Lift to Y-scale (hold 2 seconds). (A to B or A to C)	From a short run, hurdle round-off, back handspring x2, salto backwards tucked. (B to C or C to B)																																																																				
Typical Deductions	<table border="0"> <tr><td>Lack of flexibility</td><td>0.1-0.3</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>Hold < 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 in press</td><td>0.1-0.3</td></tr> <tr><td>Feet not pointed</td><td>0.1</td></tr> </table>	Lack of flexibility	0.1-0.3	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Hold < 2 seconds (each time)	0.3	No hold (each time)	0.5	Lack of rhythm in press	0.1-0.3	Feet not pointed	0.1	<table border="0"> <tr><td>Poor tuck position in salto</td><td>0.1-0.5</td></tr> <tr><td>Lack of height in salto</td><td>0.1-0.3</td></tr> <tr><td>Lack of height in dive roll</td><td>0.1-0.3</td></tr> <tr><td>Body not stretched in dive roll</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> <tr><td>Bent back leg in leap</td><td>0.1-0.5</td></tr> <tr><td>Leg < horizontal in kick turn (1°-15°/16°-30°/> 30°)</td><td>0.1-0.5</td></tr> <tr><td>Raised leg < shoulder height</td><td>0.1-0.5</td></tr> <tr><td>Hold < 2 seconds</td><td>0.3</td></tr> <tr><td>No hold</td><td>0.5</td></tr> </table>	Poor tuck position in salto	0.1-0.5	Lack of height in salto	0.1-0.3	Lack of height in dive roll	0.1-0.3	Body not stretched in dive roll	0.1-0.5	Steps/uncontrolled landing	0.1-0.3	Fall	1.0	Bent back leg in leap	0.1-0.5	Leg < horizontal in kick turn (1°-15°/16°-30°/> 30°)	0.1-0.5	Raised leg < shoulder height	0.1-0.5	Hold < 2 seconds	0.3	No hold	0.5	<table border="0"> <tr><td>Poor tuck position in salto</td><td>0.1-0.5</td></tr> <tr><td>Lack of height in salto</td><td>0.1-0.3</td></tr> <tr><td>Steps/uncontrolled landing</td><td>0.1-0.3</td></tr> <tr><td>Fall</td><td>1.0</td></tr> <tr><td>Bent back leg in leap</td><td>0.1-0.5</td></tr> <tr><td>Leg < horizontal in kick turn (1°-15°/16°-30°/> 30°)</td><td>0.1-0.5</td></tr> <tr><td>Raised leg < shoulder height</td><td>0.1-0.5</td></tr> <tr><td>Hold < 2 seconds</td><td>0.3</td></tr> <tr><td>No hold</td><td>0.5</td></tr> </table>	Poor tuck position in salto	0.1-0.5	Lack of height in salto	0.1-0.3	Steps/uncontrolled landing	0.1-0.3	Fall	1.0	Bent back leg in leap	0.1-0.5	Leg < horizontal in kick turn (1°-15°/16°-30°/> 30°)	0.1-0.5	Raised leg < shoulder height	0.1-0.5	Hold < 2 seconds	0.3	No hold	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>Lack of height in salto</td><td>0.1-0.3</td></tr> <tr><td>Poor tuck position in salto</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>	Hurdle not stretched	0.1-0.3	Round-off off-line	0.1-0.5	Lack of rhythm	0.1-0.3	Lack of height in salto	0.1-0.3	Poor tuck position in salto	0.1-0.5	Steps/uncontrolled landing	0.1-0.3	Fall	1.0
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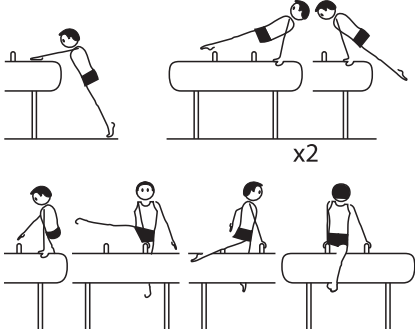
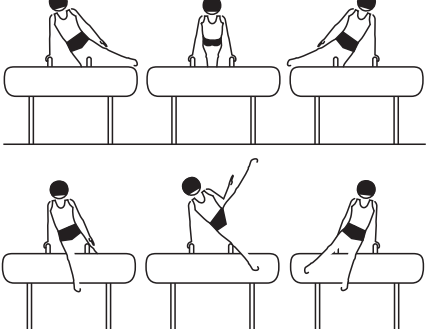
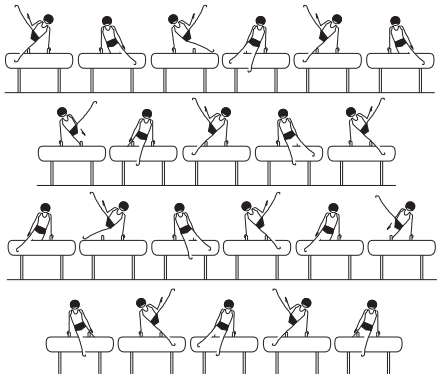
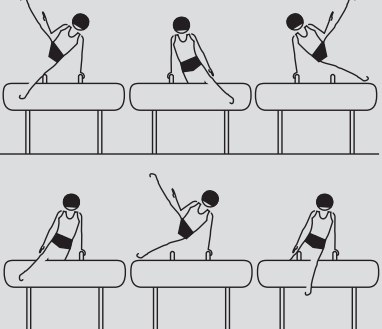
Momentary requires the gymnast to stop in the described position but not hold the position

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

POMMEL HORSE – LEVEL 6

Two BONUS skills (page 1/2)

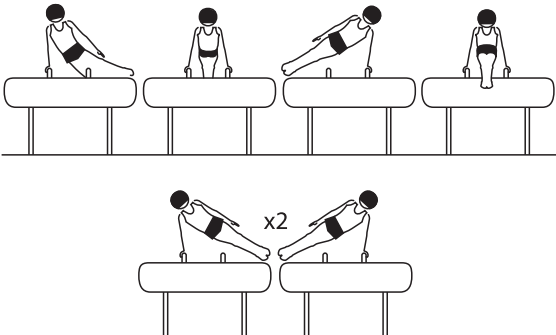
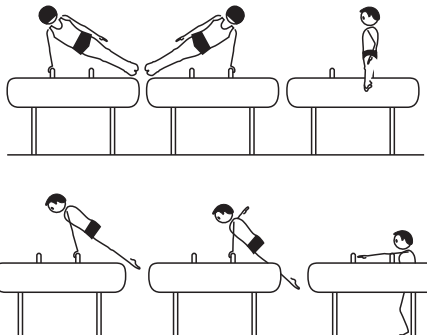
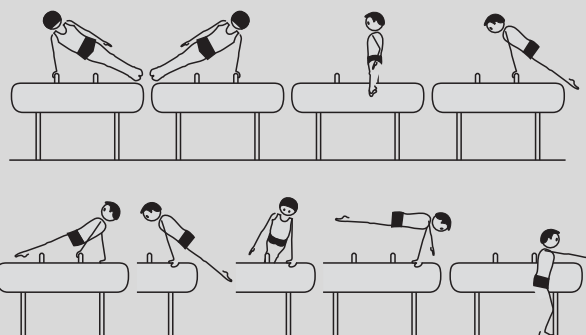
This routine is performed on a Pommel Horse with Handles

Item	Skill 1	Skill 2	Skill 3	Skill 3 - BONUS																																										
Skill Value	2.5	1.0	2.0	+ 0.5																																										
Required Skill	Loop x2*, Turn in to Pommels	Single Leg Swings	False Scissor, Stride Swing, False Scissor, Stride Swing	Scissor x2																																										
																																														
Technical Description	From either a standing or stepping approach, jump through a front support position in cross support and immediate cross support circle x2 (minimum). ¼ turn forwards to side support with 1 hand on the leather and 1 hand on the nearest pommel. Swing foremost leg in and over pommels and turn backwards to stride support on the pommels.	Swing back leg forwards to rear support then swing to the side and swing foremost leg backwards to stride support. Swing to the other side and swing front leg backwards to front support. Swing both legs to the side.	Swing the foremost leg forwards and false scissor to front support, lift leg over into stride swing forwards and backwards. Swing through front support to the other side. Swing the foremost leg forwards and false scissor to front support, lift leg over into stride swing forwards and backwards through front support and swing the foremost leg forwards into stride swing.	Swing the foremost leg forwards to stride support. Scissor swing forwards x2.																																										
Typical Deductions	<table border="0"> <tr><td>Lack of extension (per circle)</td><td style="text-align: right;">0.1</td></tr> <tr><td>Hip breaks (each time)</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>Lack of rhythm in transition</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>Hesitation</td><td style="text-align: right;">0.3</td></tr> <tr><td>Stop without sit/fall</td><td style="text-align: right;">0.5</td></tr> </table>	Lack of extension (per circle)	0.1	Hip breaks (each time)	0.1-0.3	Bent knees	0.1-0.5	Legs apart	0.1-0.5	Lack of rhythm in transition	0.1-0.3	Hesitation	0.3	Stop without sit/fall	0.5	<table border="0"> <tr><td>Lack of rhythm in swings</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>Lack of amplitude in swings</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Lack of flexibility in swings (Legs apart min 90°)</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>(deductions apply to each swing)</td><td></td></tr> </table>	Lack of rhythm in swings	0.1-0.3	Lack of amplitude in swings	0.1-0.5	Lack of flexibility in swings (Legs apart min 90°)	0.1-0.5	(deductions apply to each swing)		<table border="0"> <tr><td>Lack of rhythm in swings</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>Lack of amplitude in swings</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Lack of flexibility in swings (Legs apart min 90°)</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Lower hip not straight</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>(deductions apply to each swing)</td><td></td></tr> </table>	Lack of rhythm in swings	0.1-0.3	Lack of amplitude in swings	0.1-0.5	Lack of flexibility in swings (Legs apart min 90°)	0.1-0.5	Lower hip not straight	0.1-0.3	(deductions apply to each swing)		<table border="0"> <tr><td>Lack of rhythm in swings</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>Lack of amplitude in swings</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Lack of flexibility in swings (Legs apart min 90°)</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Lower hip not straight</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>(deductions apply to each swing)</td><td></td></tr> </table>	Lack of rhythm in swings	0.1-0.3	Lack of amplitude in swings	0.1-0.5	Lack of flexibility in swings (Legs apart min 90°)	0.1-0.5	Lower hip not straight	0.1-0.3	(deductions apply to each swing)	
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* No D-Jury deductions for additional circles; E-Jury deductions still apply

POMMEL HORSE – LEVEL 6

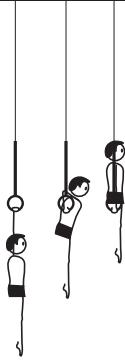


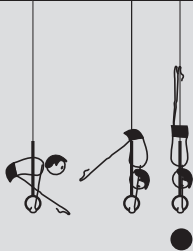
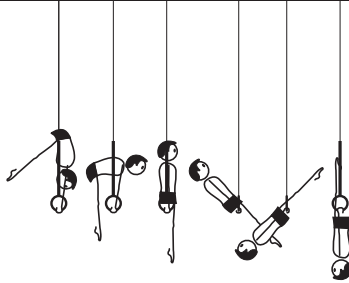
Level 6 Routine cont. (page 2/2)

Item	Skill 4	Skill 5	Skill 5 – BONUS																																								
Skill Value	2.5	2.0	+ 0.5																																								
Required Skill	Pick-Up, DLC x2*	¼ Turn Backwards to Side Dismount	1/3 Travel Backwards, Wende Dismount																																								
																																											
Technical Description	Immediate pick-up circle to front support and side support circle x2 (minimum).	Side support circle with ¼ turn backwards to a front support position on 1-pommel in cross support. Push to the side and dismount to stand. NB: There is no height requirement for this dismount	Side support circle with ¼ turn backwards to a front support position on 1-pommel in cross support. 1/3 travel backwards to a front support position in cross support on the end of the horse and immediate wende dismount above horizontal to stand.																																								
Typical Deductions	<table border="0"> <tr><td>Lack of extension (per circle)</td><td style="text-align: right;">0.1</td></tr> <tr><td>Hip breaks (each time)</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> </table>	Lack of extension (per circle)	0.1	Hip breaks (each time)	0.1-0.3	Bent knees	0.1-0.5	Legs apart	0.1-0.5	Feet not pointed	0.1	<table border="0"> <tr><td>Lack of extension (per circle)</td><td style="text-align: right;">0.1</td></tr> <tr><td>Hip breaks (each time)</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>Angular deviation (skewing)</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Hand not on pommel in dismount</td><td style="text-align: right;">0.3</td></tr> </table>	Lack of extension (per circle)	0.1	Hip breaks (each time)	0.1-0.3	Bent knees	0.1-0.5	Legs apart	0.1-0.5	Feet not pointed	0.1	Angular deviation (skewing)	0.1-0.5	Hand not on pommel in dismount	0.3	<table border="0"> <tr><td>Lack of extension (per circle)</td><td style="text-align: right;">0.1</td></tr> <tr><td>Hip breaks (each time)</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>Angular deviation (skewing)</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Lack of rhythm in travel</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>Dismount not above horizontal</td><td style="text-align: right;">0.3</td></tr> </table>	Lack of extension (per circle)	0.1	Hip breaks (each time)	0.1-0.3	Bent knees	0.1-0.5	Legs apart	0.1-0.5	Feet not pointed	0.1	Angular deviation (skewing)	0.1-0.5	Lack of rhythm in travel	0.1-0.3	Dismount not above horizontal	0.3
Lack of extension (per circle)	0.1																																										
Hip breaks (each time)	0.1-0.3																																										
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Lack of rhythm in travel	0.1-0.3																																										
Dismount not above horizontal	0.3																																										

* No D-Jury deductions for additional circles; E-Jury deductions still apply

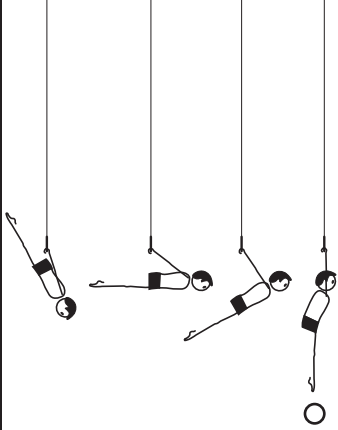
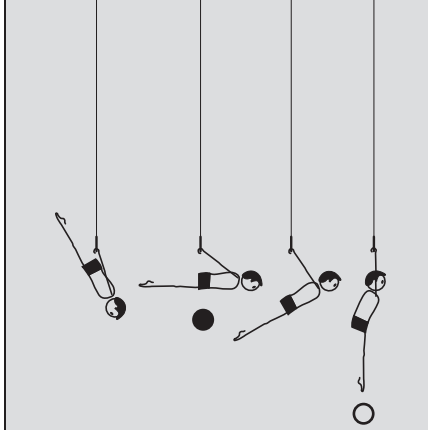
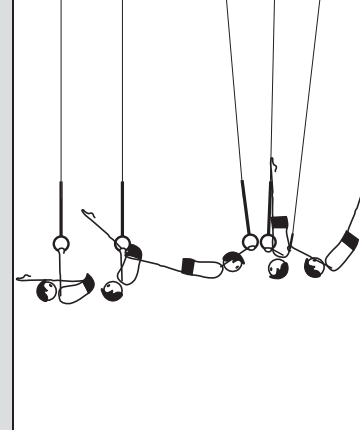
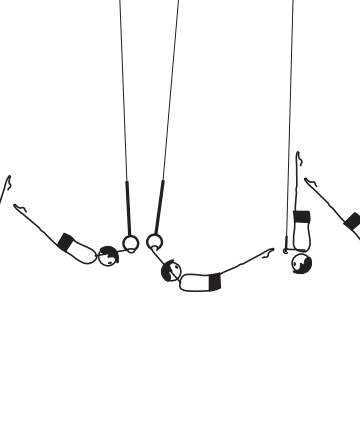
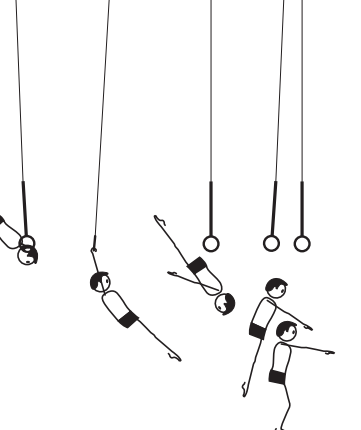
RINGS – LEVEL 6

Two BONUS skills (page 1/2)

Item	Skill 1	Skill 2	Skill 3	Skill 3 – BONUS	Skill 4
Skill Value	1.5	1.0	1.5	+ 0.5	1.0
Required Skill	Muscle-Up	L-Sit (2 sec)	Press to Handstand (2 sec)	Straight-Arm/Bent-Body Press to Handstand (2 sec)	Lower to Inverted Hang
					
Technical Description	From a still hang with straight arms, muscle-up to support.	Lift to L-sit (hold 2 seconds).	Bent-arm/bent-body press to handstand with feet resting on the cables (hold 2 seconds).	Straight-arm/bent-body press to handstand with feet resting on the cables (hold 2 seconds). NB: Bonus not applied if arms bend > 45	Lower slowly through support and roll backwards with control to inverted hang. <i>Slight bending of arms allowed in roll backwards</i>
Typical Deductions	Legs apart in lift 0.3 Bent arms in hang 0.1-0.5 Bent hips 0.1-0.5 Lack of rhythm 0.1-0.3 Use of swing 0.1-0.5 Bent arms in support 0.1-0.5	Bent arms 0.1-0.5 Bent knees 0.1-0.5 Rings not straight 0.1-0.5 Arms touching cables 0.3 Legs not horizontal 0.1-0.5 Hold < 2 seconds 0.3 No hold 0.5 Feet not pointed 0.1	Arms touching cables 0.3 Bent knees 0.1-0.5 Lack of rhythm 0.1-0.3 Feet around cables 0.5 Poor shape in handstand 0.1-0.5 Hold < 2 seconds 0.3 No hold 0.5 Fall from handstand 1.0	- AS PER BASE SKILL, PLUS - Bent arms 0.1-0.5 (1°-15°/16°-30°/>30°)	Arms touching cables 0.3 Lack of control 0.1-0.3 Bent hips 0.1-0.5 Arched back 0.1-0.5 Bent arms in support 0.1-0.5 Feet not pointed 0.1

RINGS – LEVEL 6

Level 6 cont. (page 2/2)

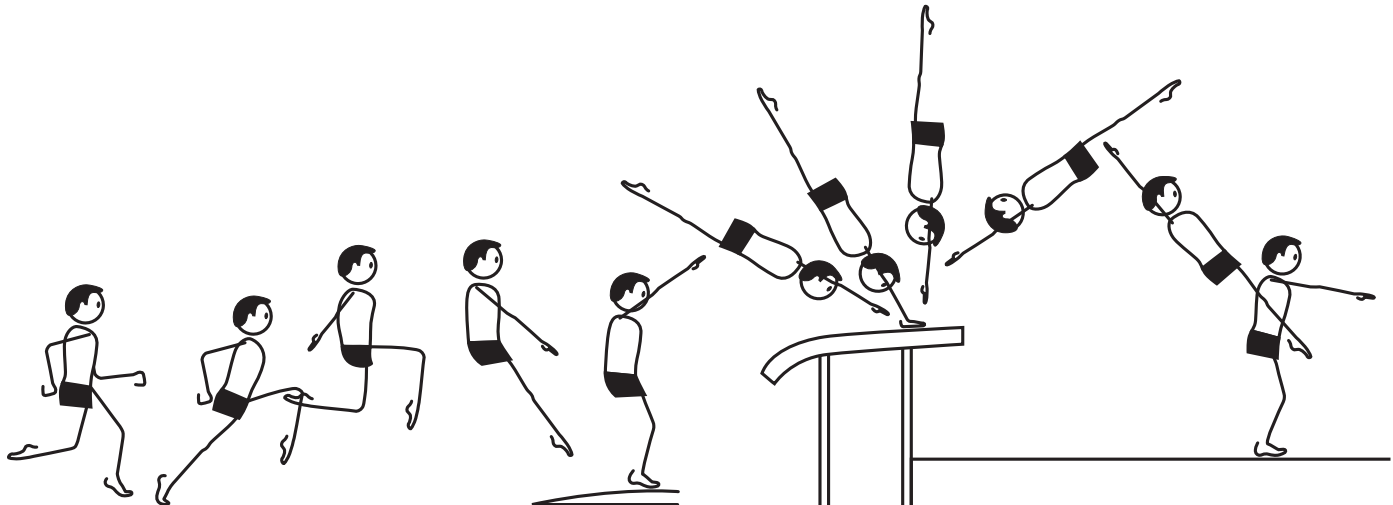
Item	Skill 5	Skill 5 – BONUS	Skill 6	Skill 7	Skill 8
Skill Value	1.5	+ 0.5	1.0	1.0	1.5
Required Skill	Lower through Back Lever	Back Lever (2 sec)	Inlocate	Dislocate	Salto Backwards Stretched Dismount
					
Technical Description	Lower slowly through hanging scale rearways with feet together (no stop required) to momentary dorsal hang.	Lower to hanging scale rearways (hold 2 seconds). Lower to momentary dorsal hang. NB: Bonus only applied if hanging scale is held for full 2 seconds	Lift to with bent-body to basket position to immediate cast and swing backwards into stretched inlocate with shoulder lift.	Swing backwards and swing forwards into stretched dislocate with shoulder lift.	Swing forwards into salto backwards stretched dismount to stand.
Typical Deductions	Bent knees 0.1-0.5 Bent hips 0.1-0.5 Arched back 0.1-0.5 Lack of control 0.1-0.3 Lack of shoulder flexibility 0.1-0.5 Momentary dorsal hang not shown 0.3 Feet not pointed 0.1	Bent knees 0.1-0.5 Bent hips 0.1-0.5 Arched back 0.1-0.5 Body not horizontal (1°-15°/16°-30°/>30°) 0.1-0.5 Lack of shoulder flexibility 0.1-0.5 Momentary dorsal hang not shown 0.3 Feet not pointed 0.1	Cast not immediate 0.1 Bent hips in inlocate 0.1-0.5 Bent knees 0.1-0.5 Lack of rhythm 0.1-0.3 No shoulder lift in inlocate 0.3	Hips < ring height (1°-15°/16°-30°/>30°) 0.1-0.5 Bent knees 0.1-0.5 Bent hips 0.1-0.5 Lack of rhythm 0.1-0.3 No shoulder lift in dislocate 0.3	Lack of height (hips < ring height) 0.1-0.3 Poor body position 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

VAULT – LEVEL 6

No BONUS Vault

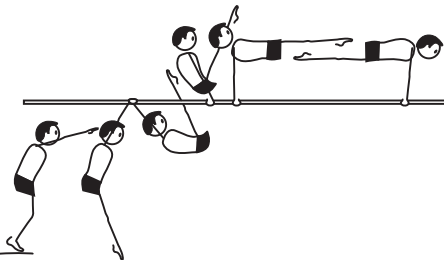
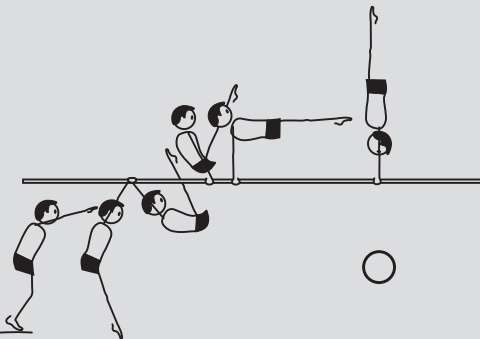
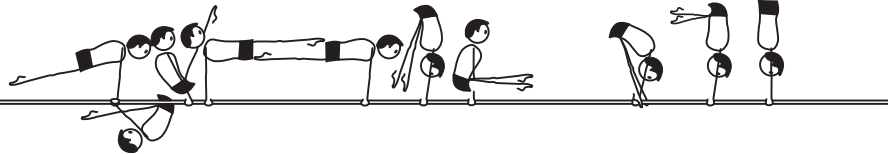
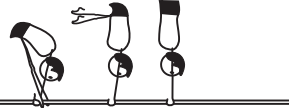
Calculation of the 2-vault combined score is at the discretion of the event organisers

Item	Vault 1 & Vault 2																												
Skill Value	10.0																												
Required Skill	Handspring																												
Required Skill																													
Technical Description	<p>From a maximum 25m run, handspring over the vaulting table* to land on 30cm matting**.</p> <p>* Minimum Vault Height = 110cm ** 30cm Matting = 20cm competition matting + 1x 10cm landing mat</p>																												
Typical Deductions	<table style="width: 100%; border-collapse: collapse;"> <tbody> <tr> <td style="width: 50%;">No under-arm action</td> <td style="width: 10%; text-align: center;">0.3</td> <td style="width: 30%;">Bent knees (Post-Flight)</td> <td style="width: 10%; text-align: center;">0.1-0.5</td> </tr> <tr> <td>Bent knees (Pre-Flight)</td> <td style="text-align: center;">0.1-0.5</td> <td>Legs apart (Post-Flight)</td> <td style="text-align: center;">0.1-0.5</td> </tr> <tr> <td>Legs apart (Pre-Flight)</td> <td style="text-align: center;">0.1-0.5</td> <td>Bent body (Post-Flight)</td> <td style="text-align: center;">0.1-0.5</td> </tr> <tr> <td>Bent body (Pre-Flight)</td> <td style="text-align: center;">0.1-0.5</td> <td>Lack of height</td> <td style="text-align: center;">0.1-0.5</td> </tr> <tr> <td>Bent arms (Contact Phase)</td> <td style="text-align: center;">0.1-0.5</td> <td>Landing < 1.00m from end of table</td> <td style="text-align: center;">0.5</td> </tr> <tr> <td></td> <td></td> <td>Steps / uncontrolled landing</td> <td style="text-align: center;">0.1-0.3</td> </tr> <tr> <td></td> <td></td> <td>Fall</td> <td style="text-align: center;">1.0</td> </tr> </tbody> </table>	No under-arm action	0.3	Bent knees (Post-Flight)	0.1-0.5	Bent knees (Pre-Flight)	0.1-0.5	Legs apart (Post-Flight)	0.1-0.5	Legs apart (Pre-Flight)	0.1-0.5	Bent body (Post-Flight)	0.1-0.5	Bent body (Pre-Flight)	0.1-0.5	Lack of height	0.1-0.5	Bent arms (Contact Phase)	0.1-0.5	Landing < 1.00m from end of table	0.5			Steps / uncontrolled landing	0.1-0.3			Fall	1.0
No under-arm action	0.3	Bent knees (Post-Flight)	0.1-0.5																										
Bent knees (Pre-Flight)	0.1-0.5	Legs apart (Post-Flight)	0.1-0.5																										
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Bent body (Pre-Flight)	0.1-0.5	Lack of height	0.1-0.5																										
Bent arms (Contact Phase)	0.1-0.5	Landing < 1.00m from end of table	0.5																										
		Steps / uncontrolled landing	0.1-0.3																										
		Fall	1.0																										

PARALLEL BARS – LEVEL 6

Two BONUS skills (page 1/2)

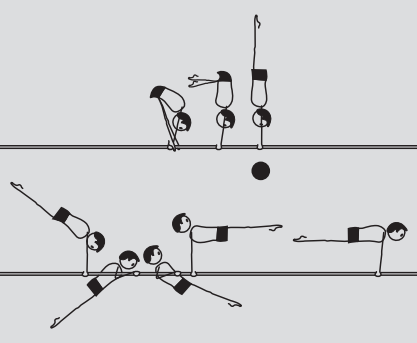
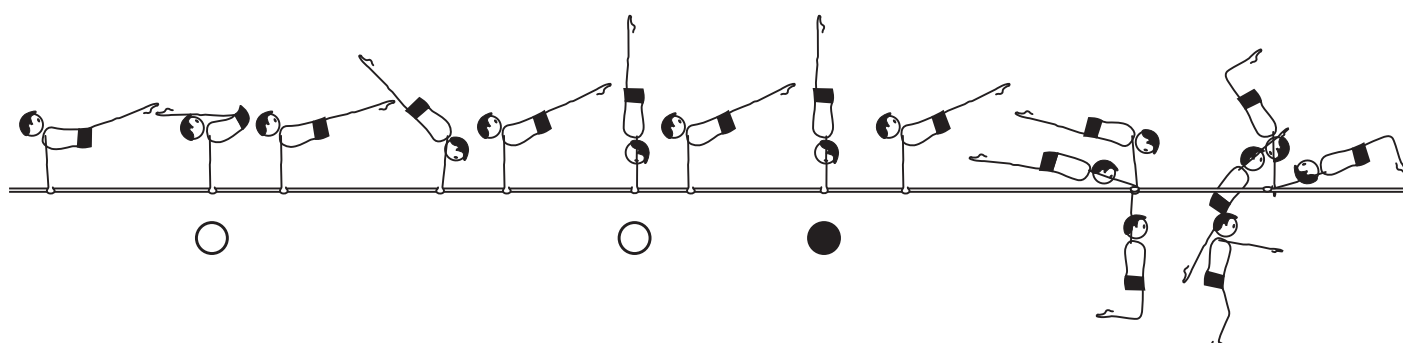
Maximum height of Parallel Bars should be set to 180cm from competition matting

Item	Skill 1	Skill 1 – BONUS	Skill 2	Skill 3																																												
Skill Value	1.5	+ 0.5	2.0	1.5																																												
Required Skill	Glide Kip, Swing Backwards	Glide Kip, Swing to Handstand	Drop Kip, Swing Backwards, Straddled L-Sit (2 Sec)	Press to Handstand (2 Sec)																																												
																																																
Technical Description	From a short run (maximum x3 steps), jump to hang and immediate glide kip to support with swing backwards to horizontal with the shoulders.	From a short run (maximum x3 steps), jump to hang and immediate glide kip to support with swing backwards to momentary handstand.	Lower down to immediate drop kip (felge technique) to support and swing backwards above horizontal. Straddle legs and lower down to straddled L-sit (hold 2 seconds).	Press to handstand (hold 2 seconds).																																												
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>Back swing below horizontal (with shoulders)</td><td>0.1-0.5</td></tr> </table>	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Back swing below horizontal (with shoulders)	0.1-0.5	<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>Momentary HS not shown</td><td>0.3</td></tr> </table>	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Momentary HS not shown	0.3	<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>Back swing below horizontal</td><td>0.1-0.5</td></tr> <tr><td>Legs below horizontal</td><td>0.1-0.5</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	Back swing below horizontal	0.1-0.5	Legs below horizontal	0.1-0.5	Hold < 2 seconds	0.3	No hold	0.5	<table border="0"> <tr><td>Bent arms</td><td>0.1-0.5</td></tr> <tr><td>Bent knees</td><td>0.1-0.5</td></tr> <tr><td>Swing action in press</td><td>0.1-0.5</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>Press to HS not vertical</td><td></td></tr> <tr><td>< 15° below handstand</td><td>0.1</td></tr> <tr><td>16°-30° below handstand</td><td>0.3</td></tr> <tr><td>31°-45° below handstand</td><td>0.5</td></tr> <tr><td>> 45° below handstand</td><td>1.0</td></tr> </table>	Bent arms	0.1-0.5	Bent knees	0.1-0.5	Swing action in press	0.1-0.5	Hold < 2 seconds	0.3	No hold	0.5	Press to HS not vertical		< 15° below handstand	0.1	16°-30° below handstand	0.3	31°-45° below handstand	0.5	> 45° below handstand	1.0
Bent knees	0.1-0.5																																															
Bent arms	0.1-0.5																																															
Back swing below horizontal (with shoulders)	0.1-0.5																																															
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Bent knees	0.1-0.5																																															
Swing action in press	0.1-0.5																																															
Hold < 2 seconds	0.3																																															
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> 45° below handstand	1.0																																															

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

PARALLEL BARS – LEVEL 6

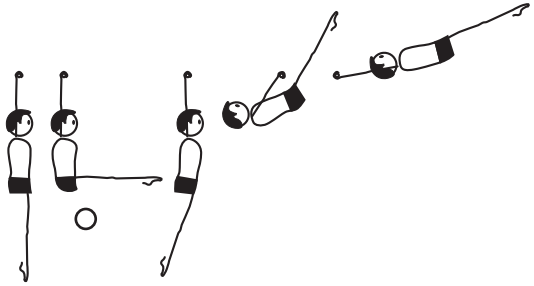
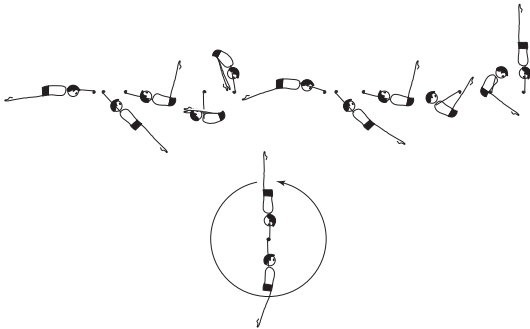
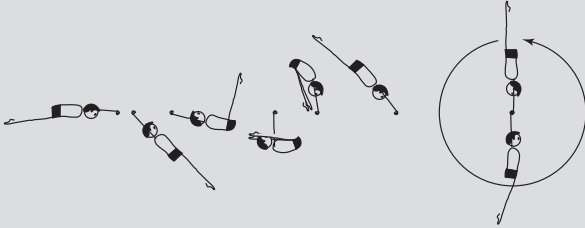
Level 6 cont. (page 2/2)

Item	Skill 3 – BONUS	Skill 4	Skill 5	Skill 6
Skill Value	+ 0.5	1.5	1.5	2.0
Required Skill	Press to Handstand (2 Sec), Front-Uprise, Swing Backwards	Russian-Sit, Swing Backwards	Swing to Handstand, Swing to Handstand (2 Sec)	Giant Swing to Tucked Support Dismount
				
Technical Description	Press to handstand (hold 2 seconds). Layaway to upper-arm and swing forwards through to front-uprise to support and swing backwards to horizontal with the shoulders. - AS PER BASE SKILL, PLUS -	Swing forwards through to momentary Russian-sit, cast out and swing backwards to 45° above horizontal.	Swing forwards and backwards to momentary handstand. Swing forwards and backwards to handstand (hold 2 seconds).	Swing forwards and backwards above horizontal, Bail into giant swing backwards tucked with shoulders above bar height and maintained support. Release to stand between the bars dismount. <i>NB: No deduction for bent knees through the bottom of the swing</i>
Typical Deductions	Excessive pike in front uprise 0.1-0.5 Bent knees 0.1-0.5 Back swing below horizontal (with shoulders) 0.1-0.5	Front Swing (Russian) Bent knees 0.1-0.5 Legs not horizontal 0.1-0.5 Lack of flexibility 0.1-0.3 Momentary Russian-sit not shown 0.3 Back Swing 0.1-0.5 Excessive arch < 45° above horizontal (44°-30°/29°-15°/< 15°) 0.1-0.5	Front Swings Bent knees 0.1-0.5 Below horizontal 0.1-0.5 Back Swing Excessive arch < vertical (< 15°/16°-30°/> 30°) 0.1-0.5 Momentary HS not shown 0.3 Hold < 2 seconds 0.3 No hold 0.5	Bent hips (fwd swing) 0.1-0.5 Below horizontal (fwd & bwd) 0.1-0.5 Excessive arch (back swing) 0.1-0.5 Dismount Shoulders below bar height 0.5 Shoulders level with bar 0.3 Shoulders above bar height 0.1 Shoulders above bar and full support shown 0.0 Poor tuck position 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

HORIZONTAL BAR – LEVEL 6

Two BONUS skills (page 1/2)

Item	Skill 1	Skill 2	Skill 2 – BONUS																																																				
Skill Value	1.0	3.0	+ 0.5																																																				
Required Skill	L-Hang, Tension Swing, Undershoot	Long Swing, Endo Mount, Kip, Backward Giant x1*	Long Swing, Endo Mount, Backward Giant x1*																																																				
																																																							
Technical Description	From a still hang in top grip, lift legs to momentary L-hang, beat backwards and undershoot forwards.	Swing backwards and forwards through into endo mount to above horizontal and push away to hang. Glide forwards, kip cast to handstand and giant swing backwards x1 (minimum).	Swing backwards and forwards through into endo mount to above horizontal and immediately swing forwards into giant swing backwards x1 (minimum).																																																				
Typical Deductions	<table border="0"> <tr><td>Legs apart in lift</td><td>0.3</td></tr> <tr><td>Momentary L-hang not shown</td><td>0.3</td></tr> <tr><td>Bent knees</td><td>0.1-0.5</td></tr> <tr><td>Closed shoulders</td><td>0.1-0.5</td></tr> <tr><td>Legs not horizontal</td><td>0.1-0.5</td></tr> <tr><td>Poor body tension</td><td>0.1-0.5</td></tr> <tr><td>Hips < bar height in undershoot</td><td>0.3</td></tr> <tr><td>Feet not pointed</td><td>0.1</td></tr> </table>	Legs apart in lift	0.3	Momentary L-hang not shown	0.3	Bent knees	0.1-0.5	Closed shoulders	0.1-0.5	Legs not horizontal	0.1-0.5	Poor body tension	0.1-0.5	Hips < bar height in undershoot	0.3	Feet not pointed	0.1	<table border="0"> <tr><td colspan="2" style="text-align: center;">Back Swing</td></tr> <tr><td>Hips below horizontal (1°-15°/16°-30°/> 30°)</td><td>0.1-0.5</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</td><td>0.1-0.3</td></tr> <tr><td colspan="2"> </td></tr> <tr><td>Hips below horizontal after endo</td><td>0.3</td></tr> <tr><td>Legs not together before downward swing after endo</td><td>0.3</td></tr> <tr><td>Pause after kip</td><td>0.3</td></tr> <tr><td>Cast > 15° below horizontal (16°-30°/31°-45°/> 45°)</td><td>0.1-0.5</td></tr> </table>	Back Swing		Hips below horizontal (1°-15°/16°-30°/> 30°)	0.1-0.5	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Lack of rhythm	0.1-0.3			Hips below horizontal after endo	0.3	Legs not together before downward swing after endo	0.3	Pause after kip	0.3	Cast > 15° below horizontal (16°-30°/31°-45°/> 45°)	0.1-0.5	<table border="0"> <tr><td colspan="2" style="text-align: center;">Back Swing</td></tr> <tr><td>Hips below horizontal (1°-15°/16°-30°/> 30°)</td><td>0.1-0.5</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</td><td>0.1-0.3</td></tr> <tr><td colspan="2"> </td></tr> <tr><td>Hips below horizontal after endo</td><td>0.3</td></tr> <tr><td>Legs not together before downward swing after endo</td><td>0.3</td></tr> </table>	Back Swing		Hips below horizontal (1°-15°/16°-30°/> 30°)	0.1-0.5	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Lack of rhythm	0.1-0.3			Hips below horizontal after endo	0.3	Legs not together before downward swing after endo	0.3
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Momentary requires the gymnast to stop in the described position but not hold the position

* No D-Jury deductions for additional giant swings; E-Jury deductions still apply

HORIZONTAL BAR – LEVEL 6

Level 6 cont. (page 2/2)

Item	Skill 3	Skill 4	Skill 5	Skill 5 – BONUS
Skill Value	1.5	2.0	2.5	+ 0.5
Required Skill	Swing ½ Turn	Backward Giant x2*	Kill Swing to Long Swing, Salto Backwards Stretched Dismount	Salto Backwards Stretched Dismount
Technical Description	Swing forwards with ½ turn to 45° above horizontal.	Giant swing backwards x2 (minimum).	Pike down from handstand to a kill swing forwards and backwards. Swing forwards into salto backwards stretched dismount to stand.	Swing forwards into salto backwards stretched dismount to stand.
Typical Deductions	Turn < 45° above horizontal 0.1-0.5 (44°-30°/29°-15°/< 15°) Legs apart 0.1-0.5 Bent knees 0.1-0.5 Feet not pointed 0.1	Bent arms 0.1-0.5 Bent knees 0.1-0.5 Poor body tension 0.1-0.5 Not through handstand 0.1-0.5	Front and Back Swings Hips below horizontal 0.1-0.5 (1°-15°/16°-30°/> 30°) Dismount Lack of height (hips below bar) 0.1-0.5 Poor body position 0.1-0.5 Feet not pointed 0.1 Steps / uncontrolled landing 0.1-0.3 Fall 1.0	Lack of height (hips below bar) 0.1-0.5 Poor body position 0.1-0.5 Feet not pointed 0.1 Steps / uncontrolled landing 0.1-0.3 Fall 1.0

* No D-Jury deductions for additional giant swings; E-Jury deductions still apply

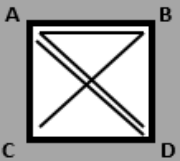
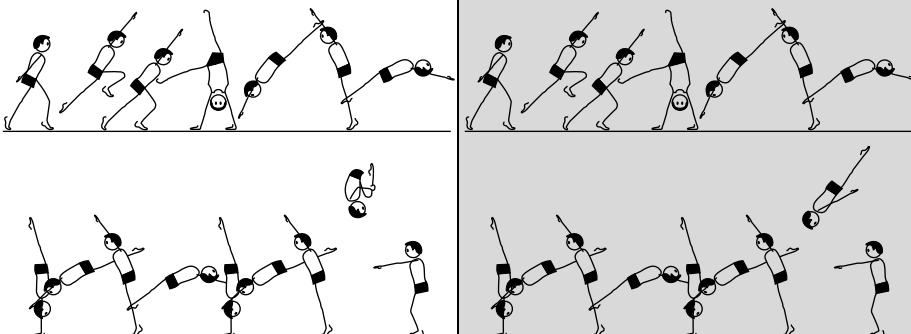
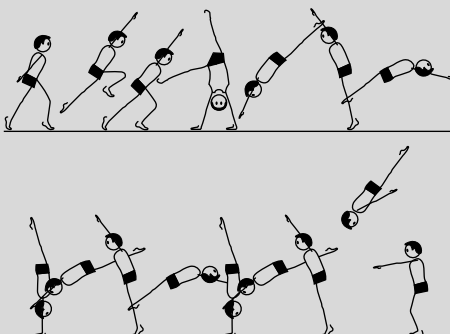
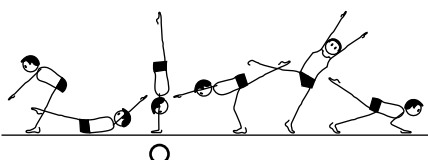
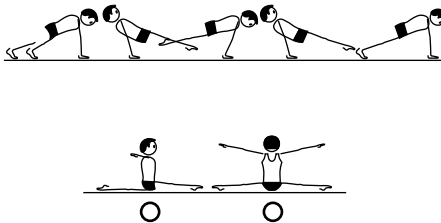


Gymnastics Australia
Men's Australian Levels Program
NATIONAL COMPETITION CURRICULUM
LEVEL 7

FLOOR EXERCISE – LEVEL 7 u/13

Two BONUS skills (page 1/3)

Routine should be completed in approx. 60 seconds

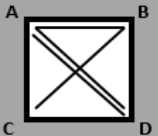
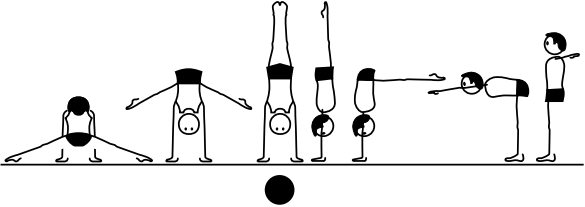
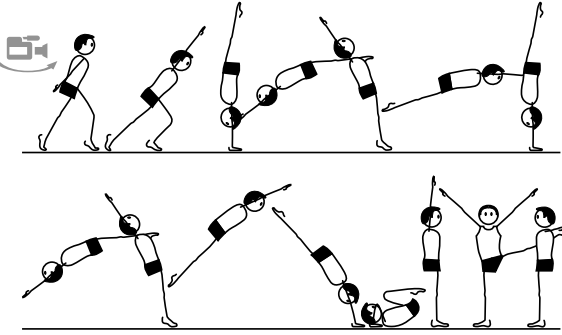
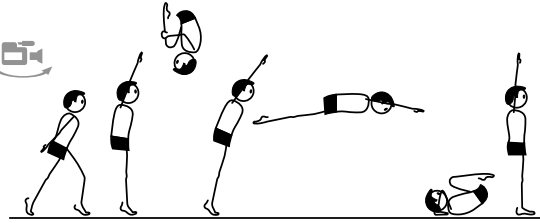
Item	Skill 1	Skill 1 – BONUS	Skill 2	Skill 3																																																
Skill Value	1.5	+ 0.5	1.0	2.0																																																
Required Skill	Round-off, Back Flip x2, Salto Backwards Tucked	Round-off, Back Flip x2, Salto Backwards Stretched	Backward Roll to Handstand, Step Down and Lower to Prone	DLC x2 Splits, Middle Splits																																																
<div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">  </div> <div style="flex-grow: 1;">  </div> </div>																																																				
Technical Description	Stand inside the floor area, lift arms to a presentation position and begin the routine. From a short run, hurdle and round-off, back handspring x2 and salto backwards tucked. (A to D)	Stand inside the floor area, lift arms to a presentation position and begin the routine. From a short run, hurdle and round-off, back handspring x2 and salto backwards stretched. (A to D)	Roll backwards with straight arms through momentary handstand. Step down to stand then lower (with or without ½ turn) to prone position with one leg raised.	Step to the side and perform 2x double leg circles through front support (no stop required) and swing one leg around to momentary front splits*. Turn ¼ to momentary middle splits.																																																
Typical Deductions	<table border="0" style="width: 100%;"> <tr><td>Hurdle not stretched</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>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;">0.1-0.3</td></tr> <tr><td>Lack of height in salto</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>Poor tuck position in salto</td><td style="text-align: right;">0.1-0.5</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>	Hurdle not stretched	0.1-0.3	Round-off off-line	0.1-0.5	Lack of rhythm	0.1-0.3	Lack of height in salto	0.1-0.3	Poor tuck position in salto	0.1-0.5	Steps/uncontrolled landing	0.1-0.3	Fall	1.0	<table border="0" style="width: 100%;"> <tr><td>Hurdle not stretched</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>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;">0.1-0.3</td></tr> <tr><td>Lack of height in salto</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>Poor body position in salto</td><td style="text-align: right;">0.1-0.5</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>	Hurdle not stretched	0.1-0.3	Round-off off-line	0.1-0.5	Lack of rhythm	0.1-0.3	Lack of height in salto	0.1-0.3	Poor body position in salto	0.1-0.5	Steps/uncontrolled landing	0.1-0.3	Fall	1.0	<table border="0" style="width: 100%;"> <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>Momentary handstand not shown</td><td style="text-align: right;">0.3</td></tr> <tr><td>Backward roll < vertical (1°-15°/16°-30°/> 30°)</td><td style="text-align: right;">0.1-0.5</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> <tr><td>Lack of rhythm</td><td style="text-align: right;">0.1-0.3</td></tr> </table>	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Momentary handstand not shown	0.3	Backward roll < vertical (1°-15°/16°-30°/> 30°)	0.1-0.5	Raised leg < vertical in prone (1°-15°/16°-30°/> 30°)	0.1-0.5	Lack of rhythm	0.1-0.3	<table border="0" style="width: 100%;"> <tr><td>Lack of extension in DLC</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>Lack of flexibility (each time)</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> </table>	Lack of extension in DLC	0.1-0.3	Bent knees	0.1-0.5	Lack of flexibility (each time)	0.1-0.5	Feet not pointed	0.1
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Momentary requires the gymnast to stop in the described position but not hold the position

* ½ turn permitted to achieve favoured leg

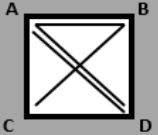
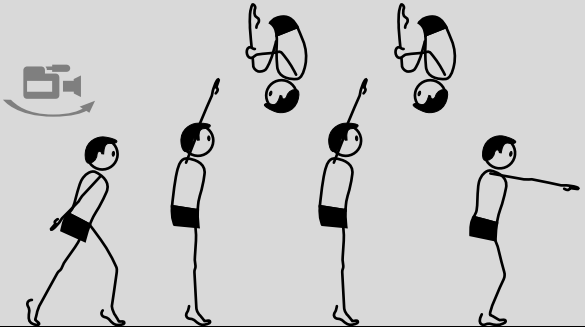
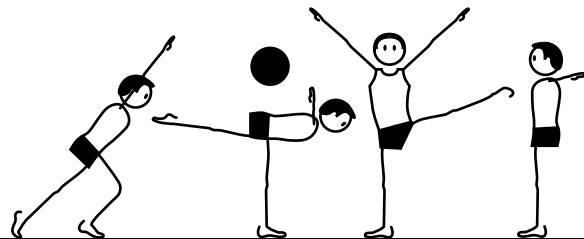
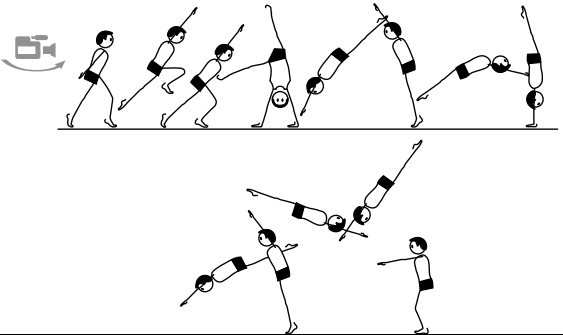
FLOOR EXERCISE – LEVEL 7 u/13

Level 7 cont. (page 2/3)

Item	Skill 4	Skill 5	Skill 6																																								
Skill Value	1.0	1.5	1.0																																								
Required Skill	Press to Handstand (2 sec)	Handspring, Flyspring, Dive Roll	Salto Forwards Tucked + Dive Roll																																								
<div style="display: flex; align-items: center;"> <div style="margin-right: 20px;">  </div> <div style="flex-grow: 1;">  </div> <div style="flex-grow: 1;">  </div> <div style="flex-grow: 1;">  </div> </div>																																											
Technical Description	Press with straight arms to handstand (hold 2 seconds). Pivot and pike down to stand with straight legs facing the 'A' corner.	From a short run, handspring to immediate flyspring punch dive roll to stand. Step kick and turn into the corner. (D to A)	From a short run, punch salto forwards tucked + punch dive roll to stand. (A to B or A to C)																																								
Typical Deductions	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;">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 handstand position</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>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	Bent arms	0.1-0.5	Poor handstand position	0.1-0.5	Feet not pointed	0.1	Hold < 2 seconds	0.3	No hold	0.5	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;">Bent knees</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Bents arms</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Lack of height in dive roll</td> <td style="text-align: right;">0.1-0.3</td> </tr> <tr> <td>Body not stretched in dive 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>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>	Bent knees	0.1-0.5	Bents arms	0.1-0.5	Lack of height in dive roll	0.1-0.3	Body not stretched in dive roll	0.1-0.5	Lack of rhythm	0.1-0.3	Steps / uncontrolled landing	0.1-0.3	Fall	1.0	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;">Poor tuck position in salto</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Lack of height in salto</td> <td style="text-align: right;">0.1-0.3</td> </tr> <tr> <td>Lack of height in dive roll</td> <td style="text-align: right;">0.1-0.3</td> </tr> <tr> <td>Body not stretched in dive 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>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>	Poor tuck position in salto	0.1-0.5	Lack of height in salto	0.1-0.3	Lack of height in dive roll	0.1-0.3	Body not stretched in dive roll	0.1-0.5	Lack of rhythm	0.1-0.3	Steps / uncontrolled landing	0.1-0.3	Fall	1.0
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FLOOR EXERCISE – LEVEL 7 u/13

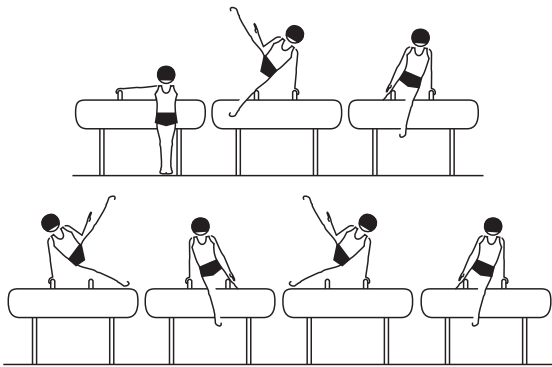
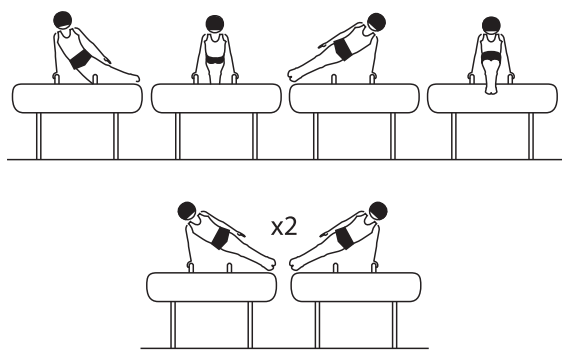
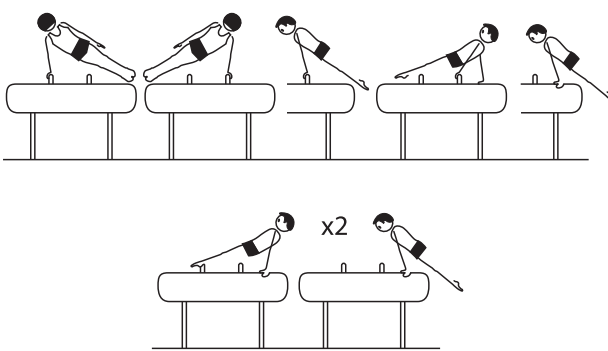
Level 7 cont. (page 3/3)

Item	Skill 6 – BONUS	Skill 7	Skill 8																																						
Skill Value	+ 0.5	0.5	1.5																																						
Required Skill	Salto Forwards Tucked + Salto Forwards Tucked	Scale	Round-off, Back Flip, Salto Backwards Stretched																																						
<div style="display: flex; align-items: center;">   </div>																																									
Technical Description	From a short run, punch salto forwards tucked + punch salto forwards tucked. (A to B or A to C)	Lunge step forwards and raise back leg to scale (hold 2 seconds) 30° above horizontal. Kick with and turn to face the diagonal.	From a short run, hurdle round-off, back handspring and salto backwards stretched. (B to C or C to B)																																						
Typical Deductions	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 70%;">Poor tuck position in salto (each)</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Lack of height in salto (each)</td> <td style="text-align: right;">0.1-0.3</td> </tr> <tr> <td>Lack of rhythm</td> <td style="text-align: right;">0.1-0.3</td> </tr> <tr> <td>Steps / uncontrolled landing (each time)</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>	Poor tuck position in salto (each)	0.1-0.5	Lack of height in salto (each)	0.1-0.3	Lack of rhythm	0.1-0.3	Steps / uncontrolled landing (each time)	0.1-0.3	Fall	1.0	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 70%;">Bent knees</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Bents arms</td> <td style="text-align: right;">0.1</td> </tr> <tr> <td>Raised leg < 30° above horizontal (29°-15°/14°-0°/> 0°)</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Hips not square in scale</td> <td style="text-align: right;">0.1-0.3</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> <tr> <td>Leg < horizontal in kick turn (1°-15°/16°-30°/> 30°)</td> <td style="text-align: right;">0.1-0.5</td> </tr> </table>	Bent knees	0.1-0.5	Bents arms	0.1	Raised leg < 30° above horizontal (29°-15°/14°-0°/> 0°)	0.1-0.5	Hips not square in scale	0.1-0.3	Hold < 2 seconds	0.3	No hold	0.5	Leg < horizontal in kick turn (1°-15°/16°-30°/> 30°)	0.1-0.5	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 70%;">Hurdle not stretched</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>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;">0.1-0.3</td> </tr> <tr> <td>Lack of height in salto</td> <td style="text-align: right;">0.1-0.3</td> </tr> <tr> <td>Poor body position in salto</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Steps / uncontrolled landing (each time)</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>	Hurdle not stretched	0.1-0.5	Round-off off-line	0.1-0.5	Lack of rhythm	0.1-0.3	Lack of height in salto	0.1-0.3	Poor body position in salto	0.1-0.5	Steps / uncontrolled landing (each time)	0.1-0.3	Fall	1.0
Poor tuck position in salto (each)	0.1-0.5																																								
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Fall	1.0																																								

POMMEL HORSE – LEVEL 7 u/13: Routine 1

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

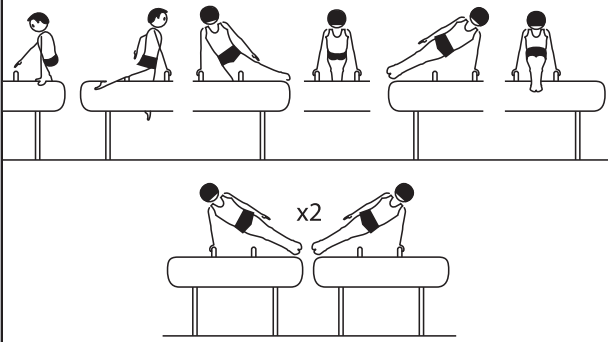
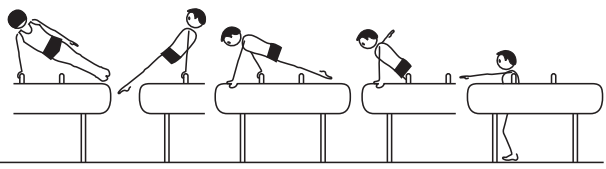
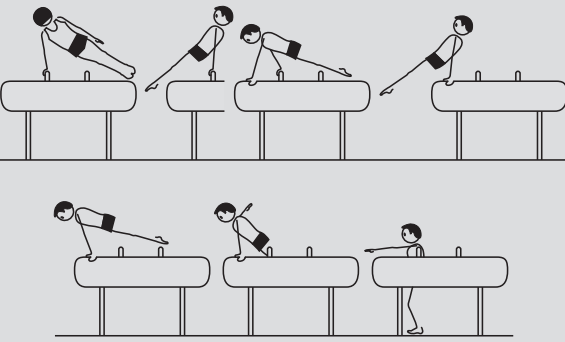
This routine is performed on a Pommel Horse with Handles

Item	Skill 1	Skill 2	Skill 3																																				
Skill Value	2.0	1.0	2.5																																				
Required Skill	Scissor Forwards x2	Pick-Up, DLC x2*	1/3 Travel Backwards, Loop x2*																																				
																																							
Technical Description	Jump up through support on two pommels and swing both legs to the side, swinging the foremost leg forwards to stride support. Scissor swing forwards x2.	Immediate pick-up circle to a front support position followed by side support circle x2 (minimum).	Side support circle with ¼ turn backwards to a front support position on 1-pommel in cross support and 1/3 travel backwards to a front support position in cross support on the end of the horse. Cross support circle x2 (minimum).																																				
Typical Deductions	<table style="width: 100%; border: none;"> <tr><td>Extra ½ swing on mount</td><td style="text-align: right;">0.3</td></tr> <tr><td>Lack of rhythm in swings</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>Lack of amplitude in swings</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Lack of flexibility in swings (90°)</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>(Legs apart min 90°)</td><td></td></tr> <tr><td>Lower hip not straight</td><td style="text-align: right;">0.1-0.3</td></tr> </table> <p style="text-align: center;">(deductions apply to each swing)</p>	Extra ½ swing on mount	0.3	Lack of rhythm in swings	0.1-0.3	Lack of amplitude in swings	0.1-0.5	Lack of flexibility in swings (90°)	0.1-0.5	(Legs apart min 90°)		Lower hip not straight	0.1-0.3	<table style="width: 100%; border: none;"> <tr><td>Lack of extension (per circle)</td><td style="text-align: right;">0.1</td></tr> <tr><td>Hip breaks (each time)</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> </table>	Lack of extension (per circle)	0.1	Hip breaks (each time)	0.1-0.3	Bent knees	0.1-0.5	Legs apart	0.1-0.5	Feet not pointed	0.1	<table style="width: 100%; border: none;"> <tr><td>Lack of extension (per circle)</td><td style="text-align: right;">0.1</td></tr> <tr><td>Hip breaks (each time)</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>Angular deviation (skewing)</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Lack of rhythm in travel</td><td style="text-align: right;">0.1-0.3</td></tr> </table>	Lack of extension (per circle)	0.1	Hip breaks (each time)	0.1-0.3	Bent knees	0.1-0.5	Legs apart	0.1-0.5	Feet not pointed	0.1	Angular deviation (skewing)	0.1-0.5	Lack of rhythm in travel	0.1-0.3
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Lack of rhythm in travel	0.1-0.3																																						

* No D-Jury deductions for additional circles; E-Jury deductions still apply

POMMEL HORSE – LEVEL 7 u/13: Routine 1

Level 7 Routine 1 cont. (page 2/2)

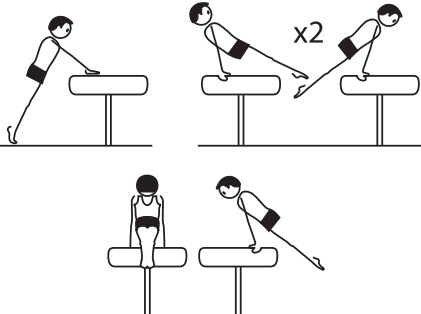
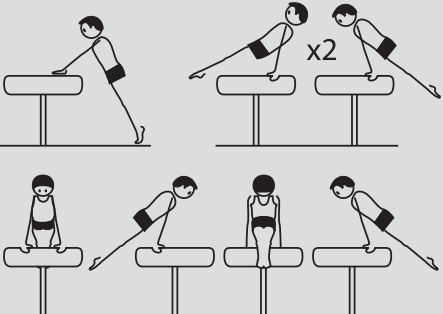
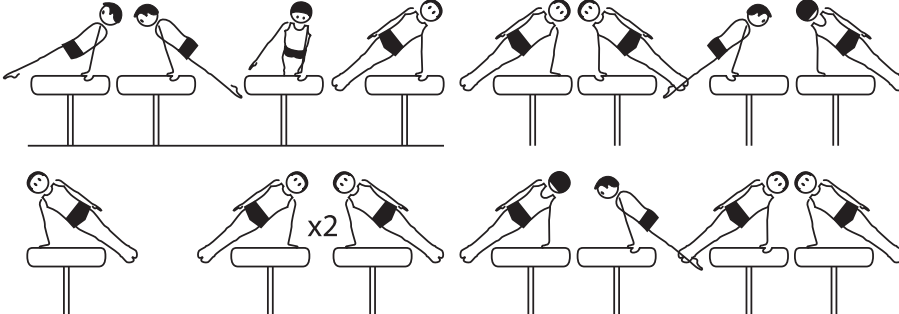
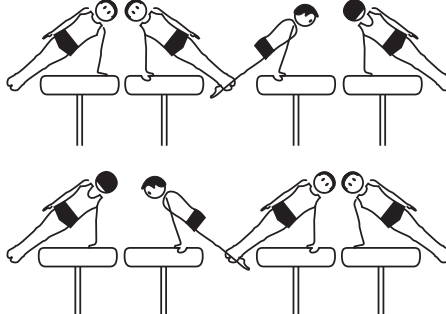
Item	Skill 4	Skill 5	Skill 5 – BONUS																																								
Skill Value	2.5	2.0	+ 1.0																																								
Required Skill	Turn in to Pommels, Pick-Up, DLC x2*	¼ Turn Forwards to Side Dismount	¼ Turn Forwards, Travel Forwards, Rear Loop x1*, Dismount to the Side																																								
																																											
Technical Description	¼ turn forwards to side support with 1 hand on the leather and 1 hand on the nearest pommel. Swing foremost leg in and over pommels and turn backwards to stride support on the pommels. Immediate pick-up circle to a front support position and side support circle x2 (minimum).	¼ turn forwards to a rear support position on 1-pommel in cross support. Circle legs around to a front support position stepping forwards with one hand onto the leather on the end of the horse and push to the side dismount to stand. NB: There is no height requirement for this dismount	¼ turn forwards to a rear support position on 1-pommel in cross support and travel forwards to a front support position in cross support facing outwards on the end of the horse. Cross support circle x1 (minimum) and push to the side dismount to stand. NB: There is no height requirement for this dismount																																								
Typical Deductions	<table border="0"> <tr><td>Lack of rhythm in transition</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>Hesitation before pick-up</td><td style="text-align: right;">0.3</td></tr> <tr><td>Stop without a sit/fall</td><td style="text-align: right;">0.5</td></tr> <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>Feet not pointed</td><td style="text-align: right;">0.1</td></tr> </table>	Lack of rhythm in transition	0.1-0.3	Hesitation before pick-up	0.3	Stop without a sit/fall	0.5	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	Feet not pointed	0.1	<table border="0"> <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>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</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	Feet not pointed	0.1	Angular deviation (skewing)	0.1-0.5	<table border="0"> <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>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</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	Feet not pointed	0.1	Angular deviation (skewing)	0.1-0.5
Lack of rhythm in transition	0.1-0.3																																										
Hesitation before pick-up	0.3																																										
Stop without a sit/fall	0.5																																										
Lack of extension (per circle)	0.1																																										
Hip breaks	0.1-0.3																																										
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* No D-Jury deductions for additional circles; E-Jury deductions still apply

POMMEL HORSE – LEVEL 7 u/13: Routine 2

Two BONUS skills (page 1/2)

This routine is performed on a Buck

Item	Skill 1	Skill 1 – BONUS	Skill 2	Skill 3
Skill Value	2.0	+ 0.5	2.0	1.5
Required Skill	Loop x2*, 180° Wende	Loop x2*, 360° Wende	Loop x1*, ¼ Turn, DLC x2*	Czechkehre x2
				
Technical Description	From a standing position jump or swing into cross support circle x2 (minimum). 180° Russian wendeswing to a front support position.	From a standing position jump or swing into cross support circle x2 (minimum). 360° Russian wendeswing to a front support position.	Cross support circle x1 (minimum). ¼ turn forwards to a front support position in side support. Side support circle x2 (minimum).	Czechkehre and immediate second Czechkehre to a front support position.
Typical Deductions	Lack of extension (per circle) 0.1 Hip breaks 0.1-0.3 Bent knees 0.1-0.5 Feet not pointed 0.1 Angular deviation (skewing) 0.1-0.5	Lack of extension (per circle) 0.1 Hip breaks 0.1-0.3 Bent knees 0.1-0.5 Feet not pointed 0.1 Angular deviation (skewing) 0.1-0.5	Lack of extension (per circle) 0.1 Hip breaks 0.1-0.3 Bent knees 0.1-0.5 Feet not pointed 0.1 Angular deviation (skewing) 0.1-0.5 Incorrect hand placement in turn 0.1-0.3	Lack of extension (per circle) 0.1 Hip breaks 0.1-0.3 Bent knees 0.1-0.5 Feet not pointed 0.1 Angular deviation (skewing) 0.1-0.5 Incorrect hand placement in turn 0.1-0.3 Additional DLC between Czechkehre (per circle) 0.5

* No D-Jury deductions for additional circles; E-Jury deductions still apply

POMMEL HORSE – LEVEL 7 u/13: Routine 2

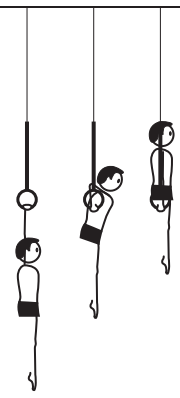
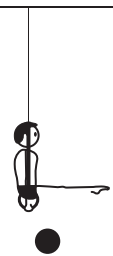
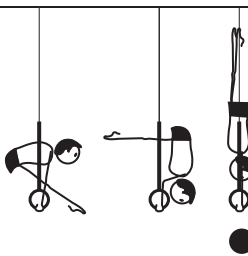
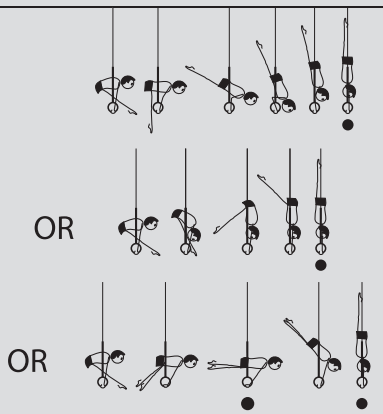
Level 7 cont. (page 2/2)

Item	Skill 4	Skill 4 – BONUS	Skill 5																																								
Skill Value	1.5	+ 0.5	3.0																																								
Required Skill	DLC x2*, DSA	DLC x2*, DSA, DSA	DLC x2*, ¼ Turn to Wende Dismount																																								
Technical Description	Side support circle x2 (minimum), Direct Stockli A to a front support position.	Side support circle x2 (minimum), Direct Stockli A to a front support position followed by immediate second Direct Stockli A to a front support position.	Side support circle x2 (minimum) and ¼ turn backwards to immediate wende dismount to 15° above horizontal to stand.																																								
Typical Deductions	<table border="0"> <tr><td>Lack of extension (per circle)</td><td>0.1</td></tr> <tr><td>Hip breaks</td><td>0.1-0.3</td></tr> <tr><td>Bent knees</td><td>0.1-0.5</td></tr> <tr><td>Feet not pointed</td><td>0.1</td></tr> <tr><td>Incomplete turn</td><td>0.1-0.5</td></tr> <tr><td>Incorrect hand placement in turn</td><td>0.1-0.3</td></tr> <tr><td>Using legs to assist support in turn</td><td>0.3</td></tr> </table>	Lack of extension (per circle)	0.1	Hip breaks	0.1-0.3	Bent knees	0.1-0.5	Feet not pointed	0.1	Incomplete turn	0.1-0.5	Incorrect hand placement in turn	0.1-0.3	Using legs to assist support in turn	0.3	<table border="0"> <tr><td>Lack of extension (per circle)</td><td>0.1</td></tr> <tr><td>Hip breaks</td><td>0.1-0.3</td></tr> <tr><td>Bent knees</td><td>0.1-0.5</td></tr> <tr><td>Feet not pointed</td><td>0.1</td></tr> <tr><td>Incomplete turn</td><td>0.1-0.5</td></tr> <tr><td>Incorrect hand placement in turn</td><td>0.1-0.3</td></tr> <tr><td>Additional DLC between DSA (per circle)</td><td>0.5</td></tr> </table>	Lack of extension (per circle)	0.1	Hip breaks	0.1-0.3	Bent knees	0.1-0.5	Feet not pointed	0.1	Incomplete turn	0.1-0.5	Incorrect hand placement in turn	0.1-0.3	Additional DLC between DSA (per circle)	0.5	<table border="0"> <tr><td>Lack of extension (per circle)</td><td>0.1</td></tr> <tr><td>Hip breaks</td><td>0.1-0.3</td></tr> <tr><td>Bent knees</td><td>0.1-0.5</td></tr> <tr><td>Feet not pointed</td><td>0.1</td></tr> <tr><td>Incorrect hand placement in turn</td><td>0.1-0.3</td></tr> <tr><td>Dismount < 15° above horizontal (above the shoulders)</td><td>0.3</td></tr> </table>	Lack of extension (per circle)	0.1	Hip breaks	0.1-0.3	Bent knees	0.1-0.5	Feet not pointed	0.1	Incorrect hand placement in turn	0.1-0.3	Dismount < 15° above horizontal (above the shoulders)	0.3
Lack of extension (per circle)	0.1																																										
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* No D-Jury deductions for additional circles; E-Jury deductions still apply

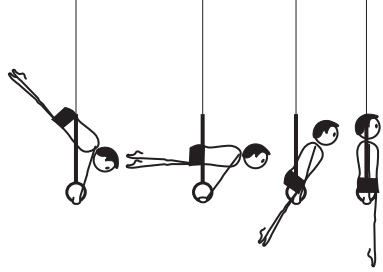
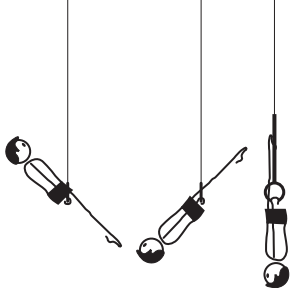
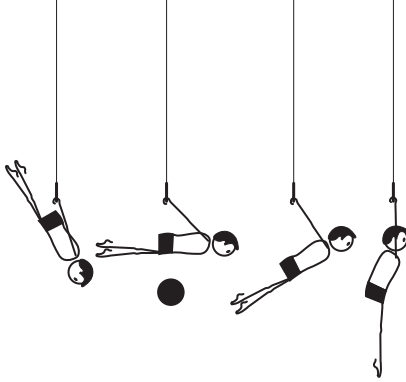
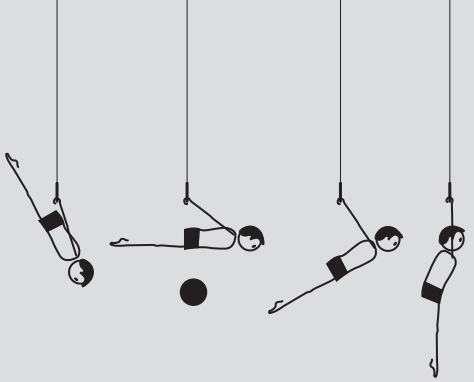
RINGS – LEVEL 7 u/13

Two BONUS skills (page 1/3)

Item	Skill 1		Skill 2		Skill 3		Skill 3 – BONUS	
Skill Value	1.5		1.0		2.0		+ 0.5	
Required Skill	Muscle-Up		L-Sit (2 sec)		Press to Handstand (2 sec)		B-Valued Press to Handstand (2 sec)	
								
Technical Description	From a still hang with straight arms, muscle-up to support.		Lift to L-sit (hold 2 seconds).		Bent-arm/bent-body press to handstand with feet resting on the cables (hold 2 seconds).		Any B-value press to handstand with feet OFF the cables (hold 2 seconds). NB: No bonus applied if feet touch cables	
Typical Deductions	Legs apart in left	0.3	Bent arms	0.1-0.5	Arms touching cables	0.3	Arms touching cables	0.3
	Bent arms in hang	0.1-0.5	Bent knees	0.1-0.5	Bent knees	0.1-0.5	Bent knees	0.1-0.5
	Bent hips	0.1-0.5	Rings not straight	0.1-0.5	Lack of rhythm in press	0.1-0.3	Lack of rhythm in press	0.1-0.3
	Lack of rhythm	0.1-0.3	Arms touching cables	0.3	Feet around cables	0.5	Unsteady handstand	0.1-0.5
	Use of swing	0.1-0.5	Legs not horizontal	0.1-0.5	Poor handstand shape	0.1-0.5	Poor handstand shape	0.1-0.5
	Bent arms in support	0.1-0.5	Hold < 2 seconds	0.3	Hold < 2 seconds	0.3	Hold < 2 seconds	0.3
	Feet not pointed	0.1	No hold	0.5	No hold	0.5	No hold	0.5
			Feet not pointed	0.1	Fall from handstand	1.0	Fall from handstand	1.0

RINGS – LEVEL 7 u/13

Level 7 cont. (page 2/3)

Item	Skill 4	Skill 5	Skill 6	Skill 6 – BONUS																																																
Skill Value	1.0	0.5	1.0	+ 0.5																																																
Required Skill	Lower through Straddle Planche	Inverted Hang	Straddled Back Lever (2 sec)	Back Lever (2 sec)																																																
																																																				
Technical Description	Straddle legs and lower slowly through straddle planche position (straight arms, straddled legs, open hips) to support.	Roll backwards with control to inverted hang. <i>Slight bending of arms allowed in roll backwards</i>	Lower to straddled hanging scale rearways (hold 2 seconds). Lower to dorsal hang.	Lower to hanging scale rearways with legs together (hold 2 seconds). Lower to dorsal hang. NB: Bonus only applied if there is <u>NO</u> time penalty deduction																																																
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>Bent hips</td><td>0.1-0.5</td></tr> <tr><td>Arched back</td><td>0.1-0.5</td></tr> <tr><td>Lack of control</td><td>0.1-0.3</td></tr> <tr><td>Arms touching cables</td><td>0.3</td></tr> </table>	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Bent hips	0.1-0.5	Arched back	0.1-0.5	Lack of control	0.1-0.3	Arms touching cables	0.3	<table border="0"> <tr><td>Lack of control</td><td>0.1-0.3</td></tr> <tr><td>Bent hips during roll</td><td>0.1-0.5</td></tr> <tr><td>Bent arms in support</td><td>0.1-0.5</td></tr> <tr><td>Feet not pointed</td><td>0.1</td></tr> </table>	Lack of control	0.1-0.3	Bent hips during roll	0.1-0.5	Bent arms in support	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>Bent hips</td><td>0.1-0.5</td></tr> <tr><td>Arched back</td><td>0.1-0.5</td></tr> <tr><td>Body not horizontal (1°-15°/16°-30°/> 30°)</td><td>0.1-0.5</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 shoulder flexibility</td><td>0.1-0.5</td></tr> <tr><td>Feet not pointed</td><td>0.1</td></tr> </table>	Bent knees	0.1-0.5	Bent hips	0.1-0.5	Arched back	0.1-0.5	Body not horizontal (1°-15°/16°-30°/> 30°)	0.1-0.5	Hold < 2 seconds	0.3	No hold	0.5	Lack of shoulder flexibility	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>Bent hips</td><td>0.1-0.5</td></tr> <tr><td>Arched back</td><td>0.1-0.5</td></tr> <tr><td>Body not horizontal (1°-15°/16°-30°/> 30°)</td><td>0.1-0.5</td></tr> <tr><td>Lack of shoulder flexibility</td><td>0.1-0.5</td></tr> <tr><td>Feet not pointed</td><td>0.1</td></tr> </table>	Bent knees	0.1-0.5	Bent hips	0.1-0.5	Arched back	0.1-0.5	Body not horizontal (1°-15°/16°-30°/> 30°)	0.1-0.5	Lack of shoulder flexibility	0.1-0.5	Feet not pointed	0.1
Bent knees	0.1-0.5																																																			
Bent arms	0.1-0.5																																																			
Bent hips	0.1-0.5																																																			
Arched back	0.1-0.5																																																			
Lack of control	0.1-0.3																																																			
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Lack of shoulder flexibility	0.1-0.5																																																			
Feet not pointed	0.1																																																			

RINGS – LEVEL 7 u/13

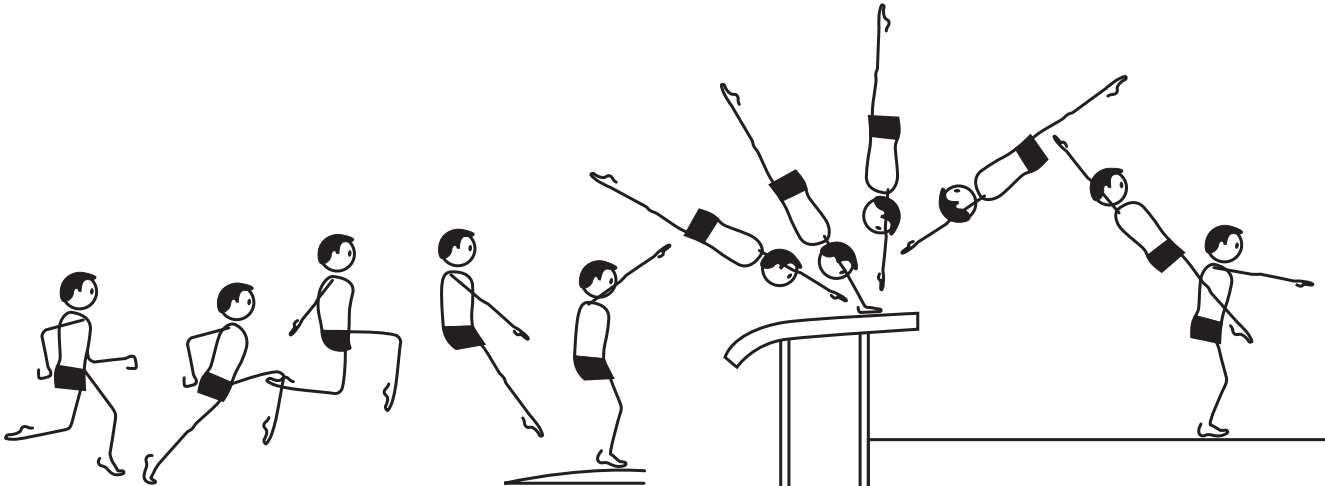
Level 7 cont. (page 3/3)

Item	Skill 7	Skill 8	Skill 9																												
Skill Value	1.0	1.0	1.0																												
Required Skill	Inlocate x2	Dislocate	Salto Backwards Stretched Dismount																												
Technical Description	Lift to basket position with immediate cast and swing backwards into stretched inlocate x2.	Swing backwards and then swing forwards into stretched dislocate.	Swing forwards into salto backwards stretched dismount to stand.																												
Typical Deductions	<table border="0"> <tr> <td>Cast not immediate</td> <td>0.1</td> </tr> <tr> <td>Bent hips in inlocate (each)</td> <td>0.1-0.5</td> </tr> <tr> <td>Bent knees</td> <td>0.1-0.5</td> </tr> <tr> <td>Lack of rhythm</td> <td>0.1-0.3</td> </tr> <tr> <td>Shoulders < ring height (each) (1°-15°/16°-30°/ > 30°)</td> <td>0.1-0.5</td> </tr> </table>	Cast not immediate	0.1	Bent hips in inlocate (each)	0.1-0.5	Bent knees	0.1-0.5	Lack of rhythm	0.1-0.3	Shoulders < ring height (each) (1°-15°/16°-30°/ > 30°)	0.1-0.5	<table border="0"> <tr> <td>Hips < ring height in swing (1°-15°/16°-30°/ > 30°)</td> <td>0.1-0.5</td> </tr> <tr> <td>Bent knees</td> <td>0.1-0.5</td> </tr> <tr> <td>Bent hips</td> <td>0.1-0.5</td> </tr> <tr> <td>Lack of rhythm</td> <td>0.1-0.3</td> </tr> <tr> <td>Shoulders < ring height (1°-15°/16°-30°/ > 30°)</td> <td>0.1-0.5</td> </tr> </table>	Hips < ring height in swing (1°-15°/16°-30°/ > 30°)	0.1-0.5	Bent knees	0.1-0.5	Bent hips	0.1-0.5	Lack of rhythm	0.1-0.3	Shoulders < ring height (1°-15°/16°-30°/ > 30°)	0.1-0.5	<table border="0"> <tr> <td>Lack of height (hips < ring height)</td> <td>0.1-0.3</td> </tr> <tr> <td>Poor body position</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>0.1</td> </tr> </table>	Lack of height (hips < ring height)	0.1-0.3	Poor body position	0.1-0.5	Steps / uncontrolled landing	0.1-0.3	Fall	0.1
Cast not immediate	0.1																														
Bent hips in inlocate (each)	0.1-0.5																														
Bent knees	0.1-0.5																														
Lack of rhythm	0.1-0.3																														
Shoulders < ring height (each) (1°-15°/16°-30°/ > 30°)	0.1-0.5																														
Hips < ring height in swing (1°-15°/16°-30°/ > 30°)	0.1-0.5																														
Bent knees	0.1-0.5																														
Bent hips	0.1-0.5																														
Lack of rhythm	0.1-0.3																														
Shoulders < ring height (1°-15°/16°-30°/ > 30°)	0.1-0.5																														
Lack of height (hips < ring height)	0.1-0.3																														
Poor body position	0.1-0.5																														
Steps / uncontrolled landing	0.1-0.3																														
Fall	0.1																														

VAULT – LEVEL 7 u/13

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			
Required Skill	Handspring			
				
Technical Description	<p>From a maximum 25m run, handspring over the vaulting table* to land on 30cm matting**.</p> <p>* Minimum Vault Height = 110cm ** 30cm Matting = 20cm competition matting + 1x 10cm landing mat</p>			
Typical Deductions	No under-arm action	0.3	Bent knees (Post-Flight)	0.1-0.5
	Bent knees (Pre-Flight)	0.1-0.5	Legs apart (Post-Flight)	0.1-0.5
	Legs apart (Pre-Flight)	0.1-0.5	Bent body (Post-Flight)	0.1-0.5
	Bent body (Pre-Flight)	0.1-0.5	Lack of height	0.1-0.5
	Bent arms (Contact Phase)	0.1-0.5	Landing < 1.00m from end of table	0.5
			Landing line deductions apply as per FIG Code of Points	0.1-0.3
			Steps / uncontrolled landing	0.1-0.3
			Fall	1.0

PARALLEL BARS – LEVEL 7 u/13

Two BONUS skills (page 1/2)

Maximum height of Parallel Bars should be set at 180cm from competition matting

Item	Skill 1	Skill 2	Skill 3	Skill 4
Skill Value	1.0	2.0	1.5	1.5
Required Skill	Glide Kip, Swing Backwards	Drop Kip, Swing to Handstand	Layaway to Upper-Arm, Back-Uprise	L-Sit (2 sec), Press to Handstand (2 sec)
Technical Description	From a short run (maximum x3 steps), jump to hang and immediate glide kip to support with swing backwards to horizontal.	Lower to drop-kip swing (felge technique) to support and swing backwards to momentary handstand.	Layaway to upper-arm and swing forwards to momentary basket position. Cast forwards and swing backwards into back-uprise to horizontal.	Lower forwards to L-sit (hold 2 seconds). Press to handstand with straight arms (hold 2 seconds).
Typical Deductions	Bent knees 0.1-0.5 Bent arms 0.1-0.5 Back swing below horizontal 0.1-0.5	Bent knees 0.1-0.5 Bent arms 0.1-0.5 Back Swing Excessive arch < vertical 0.1-0.5 (< 15°/16°-30°/> 30°) 0.1-0.5 Momentary HS not shown 0.3 Handstand not reached 16°-30° below handstand 0.1 31°-45° below handstand 0.3 > 45° below handstand 0.5	Momentary basket not shown 0.3 Bent knees 0.1-0.5 Lack of flexibility 0.1-0.3 Legs not horizontal in upper-arm basket 0.1-0.5 Back-uprise below horizontal (< 15°/16°-30°/> 30°) 0.1-0.5	Legs not horizontal 0.1-0.5 Hold < 2 seconds (each time) 0.3 No hold (each time) 0.5 Bent knees 0.1-0.5 Bent arms 0.1-0.5 Swing action in press 0.3 Press to HS not vertical < 15° below handstand 0.1 16°-30° below handstand 0.3 31°-45° below handstand 0.5 > 45° below handstand 1.0

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

PARALLEL BARS – LEVEL 7 u/13

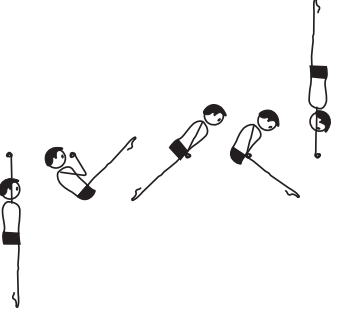
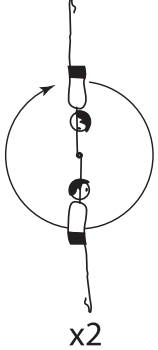
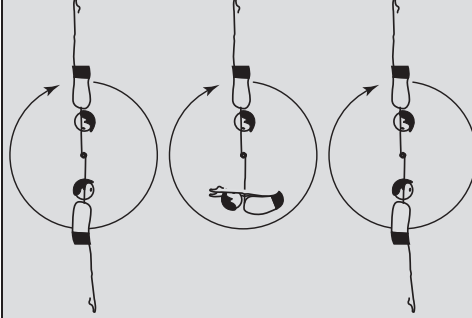
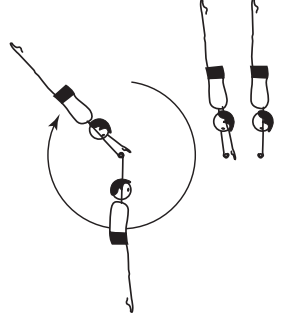
Level 7 cont. (page 2/2)

Item	Skill 5	Skill 6	Skill 6 – BONUS	Skill 7	Skill 7 – BONUS
Skill Value	1.0	2.0	+ 0.5	1.0	+ 0.5
Required Skill	Swing to Russian Sit	Swing to Handstand, Swing to Handstand (2 sec)	Swing to Handstand, Pivot, Swing to Handstand (2 Sec)	Swing, Giant Swing to Tucked Support Dismount	Salto Backwards Stretched Dismount
Technical Description	Swing forwards through to momentary Russian sit position.	Cast out of Russian sit and swing backwards to momentary handstand. Swing forwards to horizontal and backwards to handstand (hold 2 seconds).	Cast out of Russian sit and swing backwards to handstand with 180° pivot forwards. Swing forwards and backwards to handstand (hold 2 seconds). - AS PER BASE SKILL, PLUS -	Swing forwards and backwards above horizontal. Bail into giant swing backwards tucked with shoulders above bar height and maintained support. Release to stand between the bars dismount. NB: No deduction for bent knees through the bottom of the swing	Swing forwards to salto backwards stretched dismount over the bar to stand.
Typical Deductions	Momentary Russian-sit not shown 0.3 Front Swing Bent knees 0.1-0.5 Legs not horizontal 0.1-0.5 Lack of flexibility 0.1-0.5	Momentary HS not shown 0.3 Front Swing Bent hips 0.1-0.5 Below horizontal 0.1-0.5 Back Swing Excessive arch < vertical 0.1-0.5 (< 15°/16°-30°/> 30°) Hold < 2 seconds 0.3 No hold 0.5	Extra hand placement 0.1 Pivot finishing below handstand 0.1-0.5	Front/Back Swing below horizontal 0.1-0.5 Dismount Shoulders below bar height 0.5 Shoulders level with bar 0.3 Shoulders above bar height 0.1 Shoulders above bar and full support shown 0.0 Poor tuck position 0.1-0.5 Steps / uncontrolled landing 0.1-0.3 Fall 1.0	Body not stretched 0.1-0.5 Lack of height 0.1-0.5 Steps/uncontrolled landing 0.1-.3 Fall 1.0

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

HORIZONTAL BAR – LEVEL 7 u/13

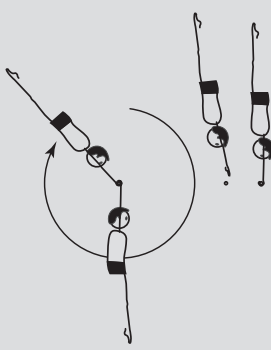
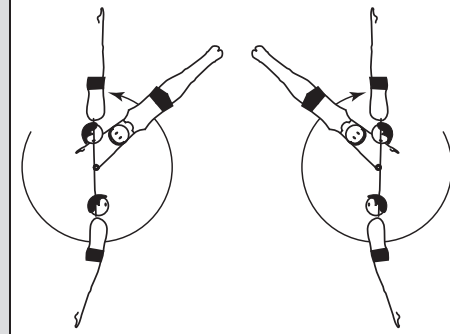
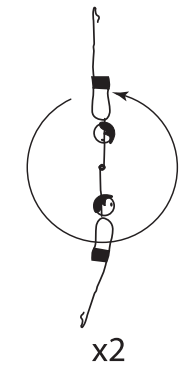
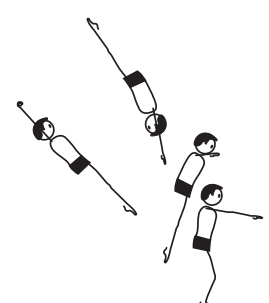
Two BONUS skills (page 1/2)

Item	Skill 1	Skill 2	Skill 2 – BONUS	Skill 3																																										
Skill Value	1.0	2.0	+ 0.5	1.0																																										
Required Skill	Reverse Grip Chin-Up Pullover, Cast to Handstand	Forward Giant x2*	Forward Giant x1*, Endo, Forward Giant x1*	Change to Top Grip																																										
																																														
Technical Description	From hang in undergrip, chin-up and pullover to support. Cast to handstand.	Giant swing forwards x2 (minimum).	Giant swing forwards x1 (minimum), Endo over the bar and giant swing forwards x1 (minimum).	Swing backwards to handstand and step change one hand at a time to top grip.																																										
Typical Deductions	<table border="0"> <tr><td>Legs apart in lift</td><td>0.3</td></tr> <tr><td>Bent knees in pullover</td><td>0.1-0.5</td></tr> <tr><td>Bent knees in cast</td><td>0.1-0.5</td></tr> <tr><td>Bent arms in cast</td><td>0.1-0.5</td></tr> <tr><td>Additional cast</td><td>0.5</td></tr> <tr><td>Feet not pointed</td><td>0.1</td></tr> <tr><td>Cast not through handstand</td><td>0.1-0.5</td></tr> <tr><td>Fall onto bar after cast</td><td>1.0</td></tr> </table>	Legs apart in lift	0.3	Bent knees in pullover	0.1-0.5	Bent knees in cast	0.1-0.5	Bent arms in cast	0.1-0.5	Additional cast	0.5	Feet not pointed	0.1	Cast not through handstand	0.1-0.5	Fall onto bar after cast	1.0	<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 tension</td><td>0.1-0.5</td></tr> <tr><td>Not through handstand</td><td>0.1-0.5</td></tr> </table>	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Poor body tension	0.1-0.5	Not through handstand	0.1-0.5	<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 tension</td><td>0.1-0.5</td></tr> <tr><td>Endo entry > 15° from HS (16°-30°/31°-45°/> 45°)</td><td>0.1-0.5</td></tr> <tr><td>Endo exit > 15° from HS (16°-30°/31°-45°/> 45°)</td><td>0.1-0.5</td></tr> <tr><td>Feet touch bar</td><td>0.1</td></tr> <tr><td>Feet on bar</td><td>0.5</td></tr> </table>	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Poor body tension	0.1-0.5	Endo entry > 15° from HS (16°-30°/31°-45°/> 45°)	0.1-0.5	Endo exit > 15° from HS (16°-30°/31°-45°/> 45°)	0.1-0.5	Feet touch bar	0.1	Feet on bar	0.5	<table border="0"> <tr><td>Grip change > 15° from HS (16°-30°/31°-45°/> 45°)</td><td>0.1-0.5</td></tr> <tr><td>Legs apart</td><td>0.1-0.5</td></tr> </table>	Grip change > 15° from HS (16°-30°/31°-45°/> 45°)	0.1-0.5	Legs apart	0.1-0.5
Legs apart in lift	0.3																																													
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Grip change > 15° from HS (16°-30°/31°-45°/> 45°)	0.1-0.5																																													
Legs apart	0.1-0.5																																													

* No D-Jury deductions for additional giant swings; E-Jury deductions still apply

HORIZONTAL BAR – LEVEL 7 u/13

Level 7 cont. (page 2/2)

Item	Skill 3	Skill 4	Skill 5	Skill 6																																
Skill Value	+ 0.5	2.0	2.0	2.0																																
Required Skill	Reverse Hop to Top Grip	Swing ½ Turn x2	Backward Giant x2*	Salto Backwards Stretched Dismount																																
																																				
Technical Description	Swing backwards to handstand and hop both hands to top grip simultaneously.	Swing forwards with ½ turn to handstand x2.	Giant swing backwards x2 (minimum).	Swing forwards into salto backwards stretched dismount to stand.																																
Typical Deductions	<table border="0"> <tr> <td>Hop change > 15° from HS (16°-30°/31°-45°/> 45°)</td> <td>0.1-0.5</td> </tr> <tr> <td>Change not simultaneous</td> <td>0.1</td> </tr> <tr> <td>Legs apart</td> <td>0.1-0.5</td> </tr> </table>	Hop change > 15° from HS (16°-30°/31°-45°/> 45°)	0.1-0.5	Change not simultaneous	0.1	Legs apart	0.1-0.5	<table border="0"> <tr> <td>Turns > 30° from handstand (31°-45°/45°-60°/> 60°)</td> <td>0.1-0.5</td> </tr> <tr> <td>Legs apart</td> <td>0.1-0.5</td> </tr> <tr> <td>Bent knees</td> <td>0.1-0.5</td> </tr> <tr> <td>Feet not pointed</td> <td>0.1</td> </tr> </table>	Turns > 30° from handstand (31°-45°/45°-60°/> 60°)	0.1-0.5	Legs apart	0.1-0.5	Bent knees	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>Bent arms</td> <td>0.1-0.5</td> </tr> <tr> <td>Poor body tension</td> <td>0.1-0.5</td> </tr> <tr> <td>Not through handstand</td> <td>0.1-0.5</td> </tr> </table>	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Poor body tension	0.1-0.5	Not through handstand	0.1-0.5	<table border="0"> <tr> <td>Lack of height (hips below bar)</td> <td>0.1-0.5</td> </tr> <tr> <td>Poor body position</td> <td>0.1-0.5</td> </tr> <tr> <td>Feet not pointed</td> <td>0.1</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>	Lack of height (hips below bar)	0.1-0.5	Poor body position	0.1-0.5	Feet not pointed	0.1	Steps / uncontrolled landing	0.1-0.3	Fall	1.0
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Fall	1.0																																			

* No D-Jury deductions for additional giant swings; E-Jury deductions still apply

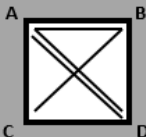
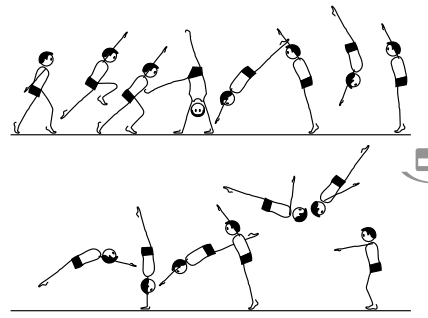
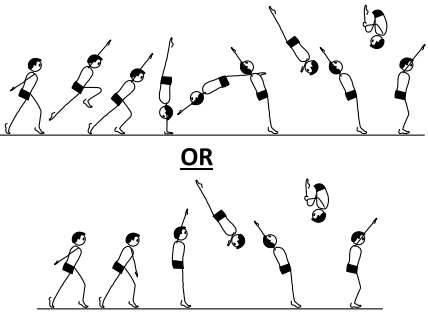
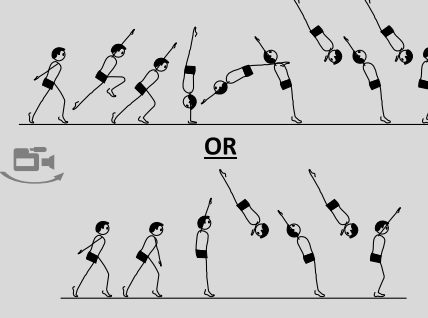
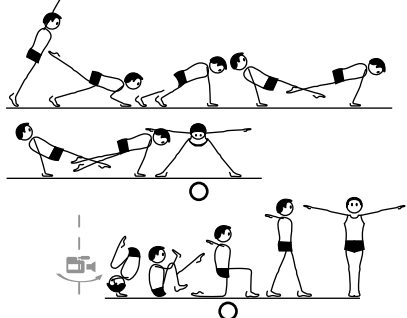


Gymnastics Australia
Men's Australian Levels Program
NATIONAL COMPETITION CURRICULUM
LEVEL 8

FLOOR EXERCISE – LEVEL 8 u/14

Three BONUS skills (page 1/2)

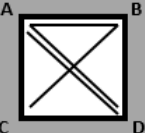
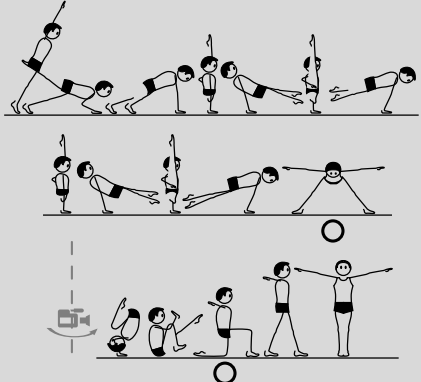
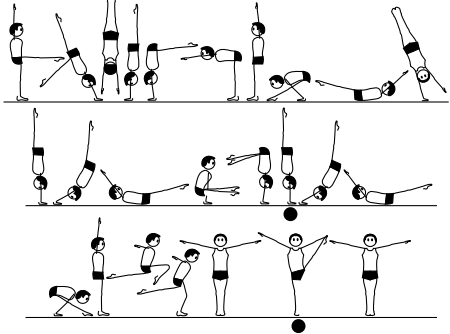
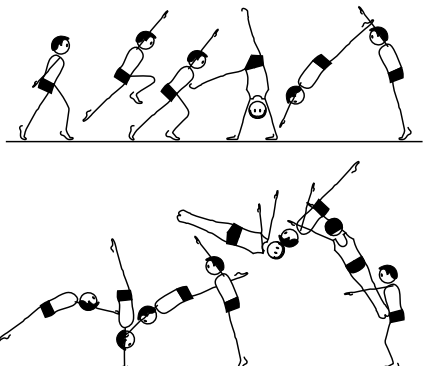
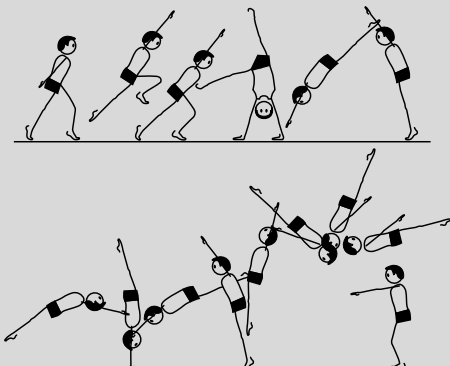
Routine should be completed in approx. 70 seconds

Item	Skill 1	Skill 2	Skill 2 - BONUS	Skill 3
Skill Value	2.0	2.0	+ 0.5	2.0
Required Skill	Round-off, Whip Back, Back Flip, Salto Backwards Stretched	(Handspring) Salto Forwards Stretched + Salto Forwards Tucked	(Handspring) Salto Forwards Stretched + Salto Forwards Stretched	Prone, DLC x2, Straddle Scale, Roll to Knee
<div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">  </div> <div>  </div> <div style="margin: 0 10px; text-align: center;"> OR </div> <div>  </div> </div>	<div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">  </div> <div style="margin: 0 10px; text-align: center;"> OR </div> <div>  </div> </div>			
Technical Description	Stand inside the floor area, lift arms to a presentation position to begin routine. From a short run, hurdle and round-off, tempo salto backwards, back handspring, and salto backwards stretched. 360° artistic move into the corner. (A-D)	From a short run, handspring punch salto forwards stretched + salto forwards tucked. <u>OR</u> From a short run, punch salto forwards stretched + salto forwards tucked. (D-A)	From a short run, handspring punch salto forwards stretched + salto forwards stretched. <u>OR</u> From a short run, punch salto forwards stretched + salto forwards stretched. (D-A)	Fall to prone with one leg raised. Step to the side and perform 2x double leg circles through front support (no stop required) and swing one leg around and turn to face along the edge of the floor.
Typical Deductions	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points

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

FLOOR EXERCISE – LEVEL 8 u/14

Level 8 cont. (page 2/2)

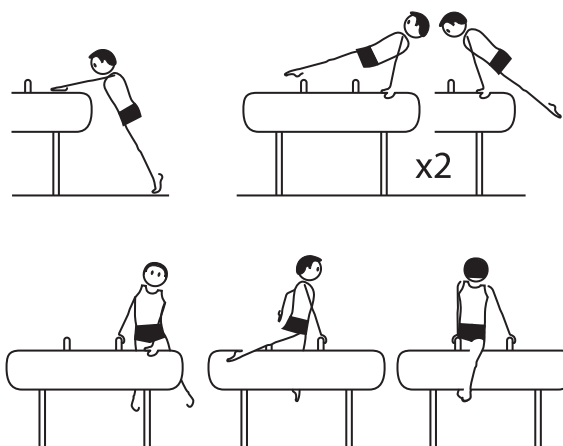
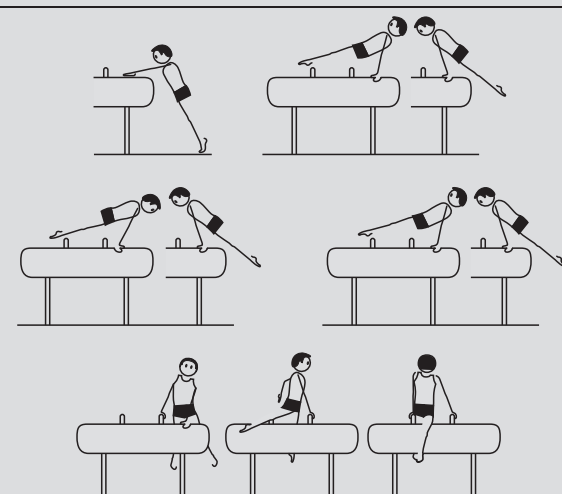
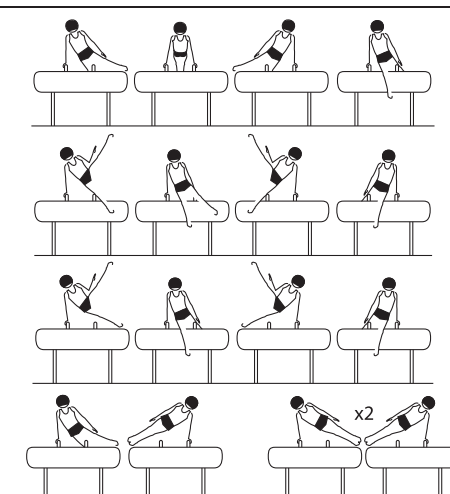
Item	Skill 3 – BONUS	Skill 4	Skill 5	Skill 5 – BONUS
Skill Value	+ 0.5	2.0	2.0	+ 0.5
Required Skill	Prone, Flair x2, Straddle Scale, Roll to Knee	Artistic Side Sequence, Y-Scale (2 sec)	Round-off, Back Flip, Salto Backwards Stretched with 1/1 Twist	Round-off, Back Flip, Salto Backwards Stretched with 2/1 Twist
				
Technical Description	Fall to prone with one leg raised. Step to the side and perform 2x Thomas flairs through front support (no stop required) and swing one leg around and turn to momentary straddled scale. Roll forwards to momentary knee scale and stand with turn backwards to face along the edge of the floor. (A-B or A-C)	Kick to immediate handstand pop with ½ turn and pike down to stand. Backward roll to handstand with ½ turn roll out into immediate Endo roll to handstand (hold 2 seconds). Roll out to stand with straight legs. Step forwards and stag leap to the corner with kick ¼ turn to face opposite corner. Lift to Y-Scale (hold 2 seconds).	From a short run, hurdle round-off, back handspring and salto backwards stretched with 1/1 twist. (C-B or B-C)	From a short run, hurdle round-off, back handspring and salto backwards stretched with 2/1 twist. (C-B or B-C)
Typical Deductions	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points

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

POMMEL HORSE – LEVEL 8 u/14: Routine 1

Three BONUS skills (page 1/3)

This routine is performed on a Pommel Horse with Handles

Item	Skill 1	Skill 1 – BONUS	Skill 2
Skill Value	1.5	+ 0.5	1.5
Required Skill	Loop x2*, Turn In	Loop x1*, 360° Wende, Loop x1*, Turn In	Scissor Forwards x2, Pick-Up, DLC x2*
			
Technical Description	Jump or swing into cross support circle on the end of the horse x2 (minimum). ¼ turn forwards to side support with 1 hand on the leather and 1 hand on the nearest pommel. Swing foremost leg in and over pommels and turn backwards to stride support on the pommels.	Jump or swing into cross support circle on the end of the horse x1 (minimum) and 360° Russian wendeswing to front support. Cross support circle x1 (minimum) and ¼ turn forwards to side support with 1 hand on the leather and 1 hand on the nearest pommel. Swing foremost leg in and over pommels and turn backwards to stride support on the pommels.	Swing back leg forwards to rear support then swing to the side and swing foremost leg backwards to stride support. Swing to the other side and swing front leg backwards to front support. Swing both legs to the side, swinging the foremost leg in and over the pommel to stride support. Scissor swing forwards x2. Immediate pick-up circle to a front support position followed by side support circle x2 (minimum).
Typical Deductions	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points

* No D-Jury deductions for additional circles; E-Jury deductions still apply

POMMEL HORSE – LEVEL 8 u/14: Routine 1

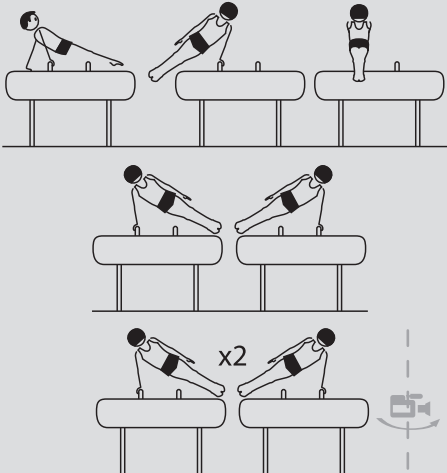
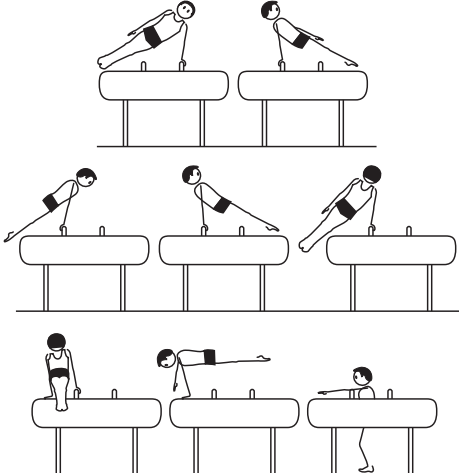
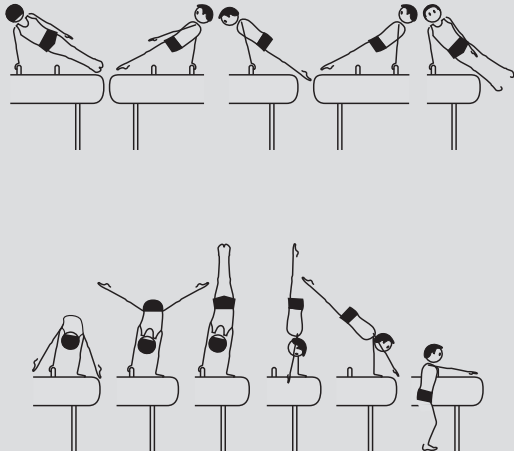
Level 8 Routine 1 cont. (page 2/3)

Item	Skill 3	Skill 4	Skill 5
Skill Value	2.0	2.0	1.5
Required Skill	Czechkehre, DLC x1*	Half-Sivado, Loop x1*	Turn in to Pommels, Pick-Up, DLC x2*
Technical Description	Czechkehre on pommels to a front support position and side support circle x1 (minimum).	Circle legs forwards with ¼ turn forwards through rear support placing hand between the pommels and 2/3 travel backwards to a front support position in cross support on the end of the horse. Cross support circle x1 (minimum).	¼ turn forwards to side support with 1 hand on the leather and 1 hand on the nearest pommel. Swing foremost leg in and over pommels and turn backwards to stride support on the pommels. Immediate pick-up to a front support position and side support circle x2 (minimum).
Typical Deductions	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points

* No D-Jury deductions for additional circles; E-Jury deductions still apply

POMMEL HORSE – LEVEL 8 u/14: Routine 1

Level 8 Routine 1 cont. (page 3/3)

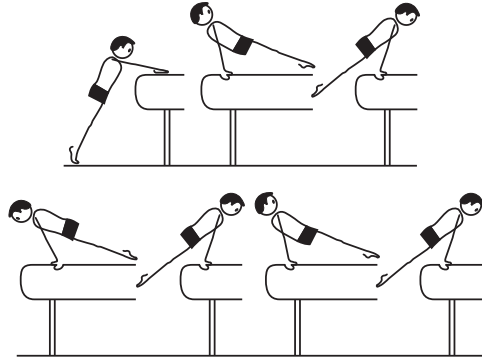
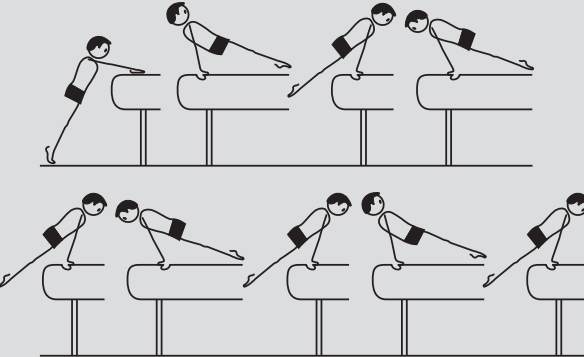
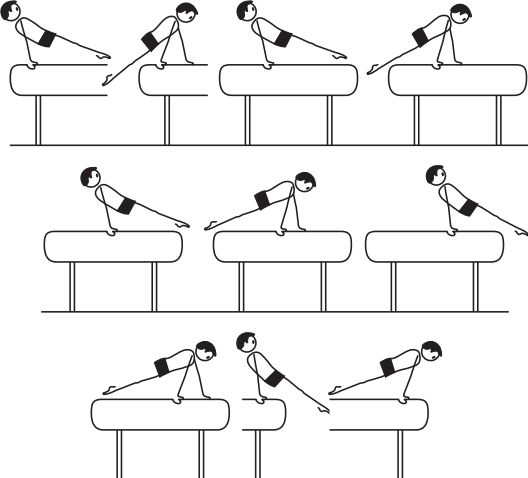
Item	Skill 5 – BONUS	Skill 6	Skill 6 – BONUS
Skill Value	+ 0.5	1.5	+ 0.5
Required Skill	Stockli-In, DLC x2*	Circle on 1-Pommel to Wende Dismount	Circle on 1-Pommel through to Handstand Dismount
			
Technical Description	Step up and forwards onto 1 pommel with ¼ turn forwards through to a front support position and ½ side support circle to a rear support position on 2 pommels. ½ side support circle to a front support position and continue with side support circle x2 (minimum).	Circle legs forwards and ¼ turn backwards to a front support position in cross support on 1-pommel. Circle legs forwards and ¼ turn backwards to side support with 1 hand on the leather and 1 hand on the pommel. Immediate wende dismount over the horse to stand.	Circle legs forwards and ¼ backwards to a front support position in cross support on 1-pommel. Circle legs forwards and ¼ turn backwards to side support with 1 hand on the leather and 1 hand on the pommel with immediate swing to handstand and dismount over the horse.
Typical Deductions	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points

* No D-Jury deductions for additional circles; E-Jury deductions still apply

POMMEL HORSE – LEVEL 8 u/14: Routine 2

Three BONUS skills (page 1/2)

This routine is performed on a Pommel Horse without Handles

Item	Skill 1	Skill 1 – BONUS	Skill 2																														
Skill Value	2.0	+ 1.0	3.0																														
Required Skill	Loop x1*, 360° Wende, Loop x1*	Loop x1*, 720° Wende, Loop x1*	Magyar																														
																																	
Technical Description	From either a standing or stepping approach, jump through a front support position in cross support and immediate cross support circle x1 (minimum). 360° Russian wendeswing and cross support circle x1 (minimum) out.	From either a standing or stepping approach, jump through a front support position in cross support and immediate cross support circle x1 (minimum). 720° Russian wendeswing and cross support circle x1 (minimum) out.	3/3 Magyar travel forwards**.																														
Typical Deductions	<table style="width: 100%; border: none;"> <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>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> </table>	Lack of extension (per circle)	0.1	Hip breaks	0.1-0.3	Bent knees	0.1-0.5	Angular deviation (skewing) (per circle)	0.1-0.5	Feet not pointed	0.1	<table style="width: 100%; border: none;"> <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>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> </table>	Lack of extension (per circle)	0.1	Hip breaks	0.1-0.3	Bent knees	0.1-0.5	Angular deviation (skewing) (per circle)	0.1-0.5	Feet not pointed	0.1	<table style="width: 100%; border: none;"> <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>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> </table>	Lack of extension (per circle)	0.1	Hip breaks	0.1-0.3	Bent knees	0.1-0.5	Angular deviation (skewing) (per circle)	0.1-0.5	Feet not pointed	0.1
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* No D-Jury deductions for additional circles; E-Jury deductions still apply

** Travels are considered finished in front support with both hands in the end zone of the horse

POMMEL HORSE – LEVEL 8 u/14: Routine 2

Level 8 cont. (page 2/2)

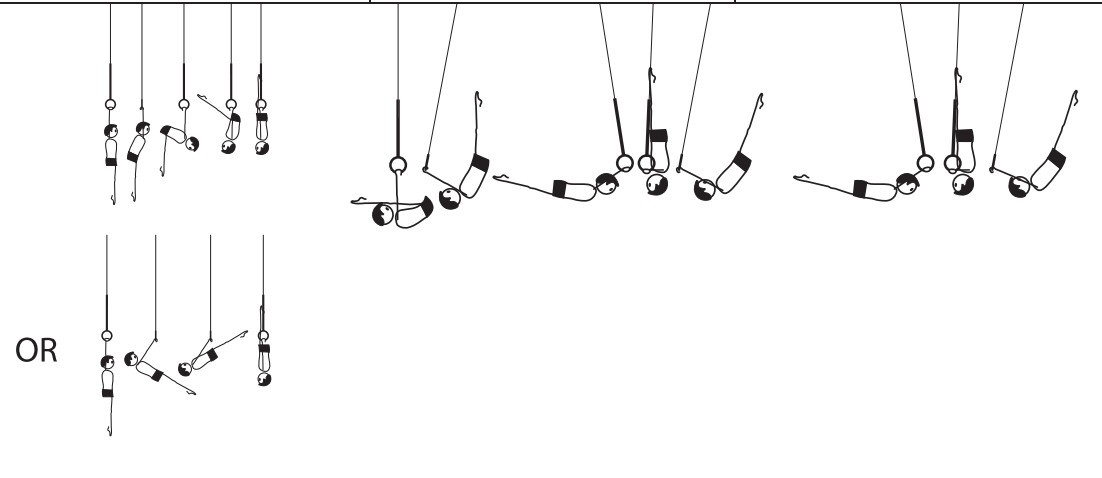
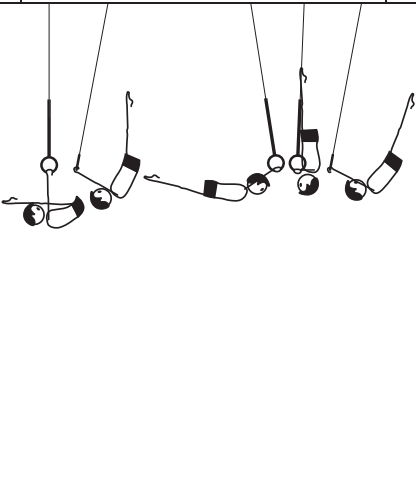
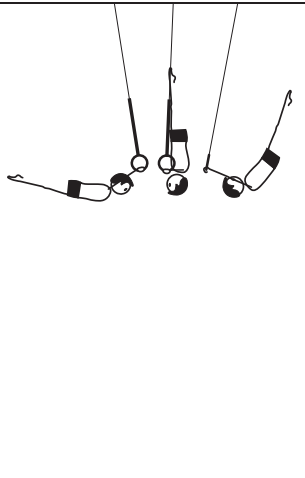
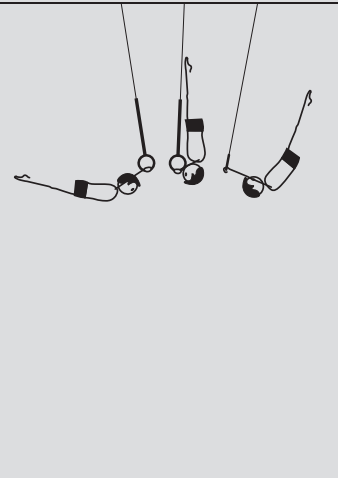
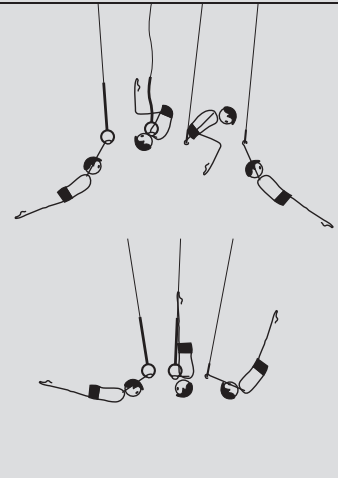
Item	Skill 3	Skill 4	Skill 5																																
Skill Value	1.0	3.0	1.0																																
Required Skill	Rear Loop x2*	Sivado	Loop x1*, Wende Dismount																																
Technical Description	Cross support circle facing outwards x2 (minimum).	3/3 Sivado travel backwards**.	Cross support circle x1 (minimum) and wende dismount 30° above horizontal to stand.																																
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Dismount < 30° above horizontal (above the shoulders)	0.3																																		

* No D-Jury deductions for additional circles; E-Jury deductions still apply

** Travels are considered finished in front support with both hands in the end zone of the horse

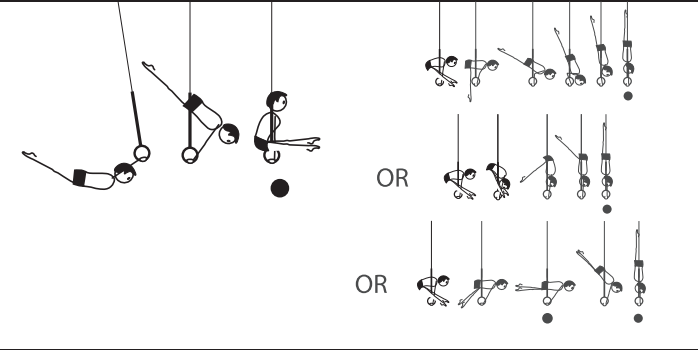
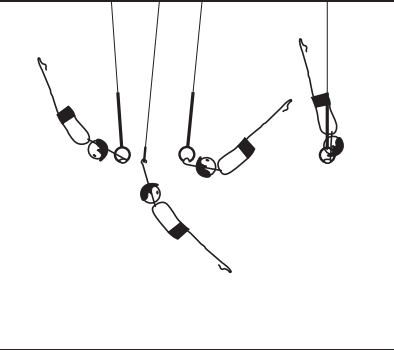
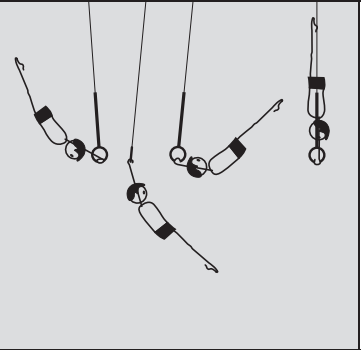
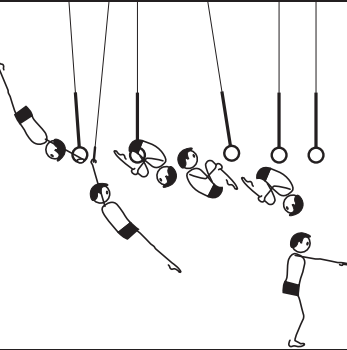
RINGS – LEVEL 8 u/14

Three BONUS skills (page 1/2)

Item	Skill 1	Skill 2	Skill 3	Skill 3 – BONUS	Skill 4 – BONUS SKILL
Skill Value	1.0	1.0	1.0	+ 0.5	+ 0.5
Required Skill	Slow Inlocate <u>OR</u> Straight Body Pull to Inverted Hang	Inlocate	Inlocate	Inlocate above Ring Height	Yamawaki, Inlocate
					
Technical Description	From hang, slow inlocate and pull through to inverted hang <u>OR</u> From hang, straight arm and straight body pull to inverted hang.	Lower to basket with immediate cast and swing backwards through to stretched inlocate at ring height.	Stretched inlocate at ring height.	Stretched inlocate with shoulders above ring height.	Double salto forwards tucked to hang (Yamawaki) with immediate swing through to stretched inlocate.
Typical Deductions	Deductions as per FIG Code of Points	Shoulders < ring height 0.1 - 0.5 (1°-15°/16°-30°/30°<) Other deductions as per FIG Code of Points	Shoulders < ring height 0.1 - 0.5 (1°-15°/16°-30°/30°<) Other deductions as per FIG Code of Points	Deductions as per FIG Code of Points	Shoulders < ring height in inlocate 0.1-0.5 (1°-15°/16°-30°/30°<) Deductions as per FIG Code of Points

RINGS – LEVEL 8 u/14

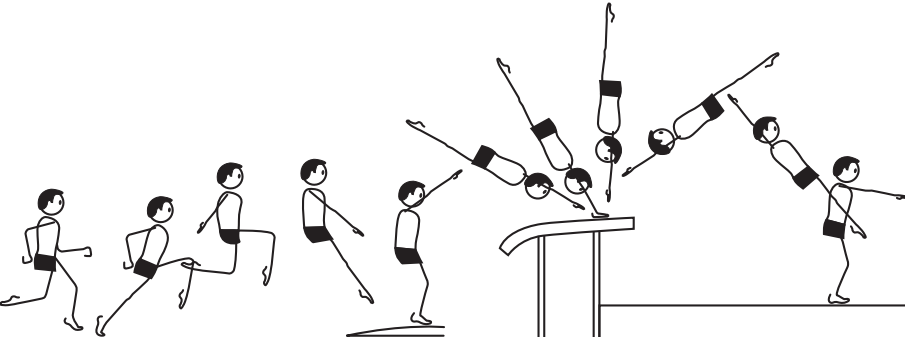
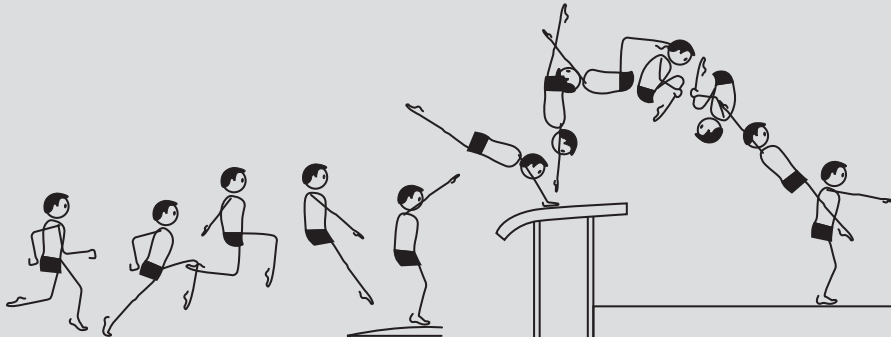
Level 8 cont. (page 2/2)

Item	Skill 5	Skill 6	Skill 7	Skill 7	Skill 8
Skill Value	2.5	1.5	1.5	0.5	1.5
Required Skill	Back-Uprise to Straddled L-Sit (2 sec)	B-Valued Press to Handstand (2 sec)	Dislocate above Ring Height	Dislocate through Handstand	Double Salto Backwards Tucked Dismount
					
Technical Description	Back-uprise to straddled L-sit (hold 2 seconds).	Any B-valued press to handstand (hold 2 seconds).	Swing directly from handstand into immediate dislocate with shoulders above the top of the rings.	Swing directly from handstand into immediate dislocate to within 15° of handstand (Giant swing backwards through handstand).	Swing forwards and double salto backwards tucked dismount to stand.
Typical Deductions	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points	Shoulders level with top of the Rings 0.3 Shoulders below the bottom of the rings 0.5 Other deductions as per FIG Code of Points	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points

VAULT – LEVEL 8 u/14

Vault 1 – Option of BASE or BONUS Vault

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

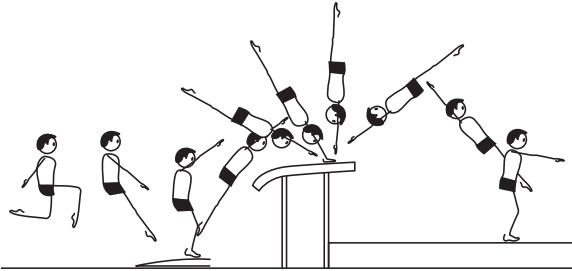
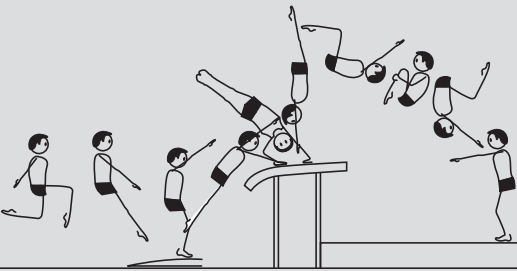
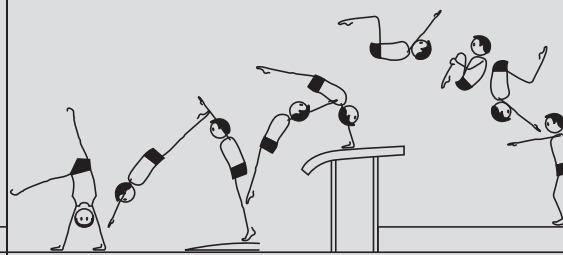
Item	BASE Vault	BONUS Vault
Skill Value	10.0	+ 1.0
Required Skill	Handspring	Handspring + Salto Forwards Tucked
		
Technical Description	<p>From a maximum 25m run, handspring over the vaulting table* to land on 30cm matting**.</p> <p>* Minimum Vault Height = 125cm</p>	<p>From a maximum 25m run, handspring and salto forwards tucked* to land on 30cm matting**.</p> <p>* Minimum Vault Height = 125cm</p>
Typical Deductions	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points

** 30cm Matting = 20cm competition matting + 1x 10cm landing mat

VAULT – LEVEL 8 u/14

Vault 2 – Option of BASE or 1 BONUS Vault

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

Item	BASE Vault	BONUS Vault 1	BONUS Vault 2
Skill Value	10.0	+ 1.0	+ 1.0
Required Skill	Handspring	Tsukahara Tucked	Yurchenko Tucked
			
Technical Description	<p>From a maximum 25m run, handspring over the vaulting table* to land on 30cm matting**.</p> <p>* Minimum Vault Height = 125cm</p>	<p>From a maximum 25m run, Tsukahara tucked* to land on 30cm matting**.</p> <p>* Minimum Vault Height = 125cm</p>	<p>From a maximum 25m run, Yurchenko tucked* to land on 30cm matting**.</p> <p>* Minimum Vault Height = 125cm</p>
Typical Deductions	Deductions as per FIG Code of Points	<p>Deductions as per FIG Code of Points</p> <ul style="list-style-type: none"> No D-Jury deduction for performing in piked or stretched position; E-Jury deductions still apply 	<p>Deductions as per FIG Code of Points</p> <ul style="list-style-type: none"> No D-Jury deduction for performing in piked or stretched position; E-Jury deductions still apply

** 30cm Matting = 20cm competition matting + 1x 10cm landing mat

PARALLEL BARS – LEVEL 8 u/14

Three BONUS skills (page 1/2)

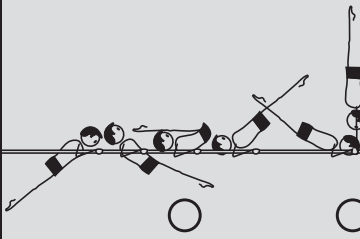
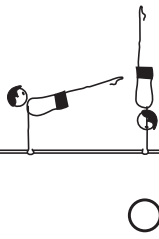
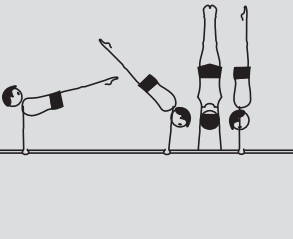
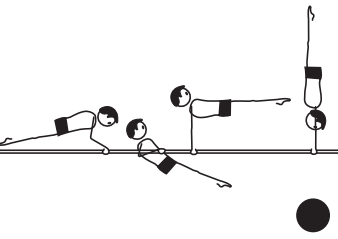
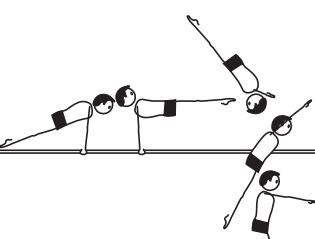
Maximum height of Parallel Bars should be set at 180cm from competition matting

Item	Skill 1	Skill 1 – BONUS	Skill 2	Skill 3	Skill 4
Skill Value	1.5	+ 0.5	1.0	2.5	1.5
Required Skill	Glide Kip to L-Sit (2 sec)	Felge to L-Sit (2 sec)	Press to Handstand (2 sec)	Pivot, Moy to Support, Swing Backwards	Layaway to Upper-Arm, Back-Uprise
Technical Description	From a short run (maximum x3 steps) or still stand, jump to hang and immediate glide kip to L-sit (hold 2 seconds).	From a still stand, jump and felge through support to L-sit (hold 2 seconds).	Press to handstand (hold 2 seconds).	180° pivot forwards and bail down from handstand into Moy to support (any technique). Swing backwards above horizontal.	Layaway to upper-arm and swing forwards to momentary basket position. Cast forwards into back-uprise to horizontal.
Typical Deductions	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points	Momentary basket position not shown 0.3 Legs not horizontal in upper-arm basket 0.1-0.5 Backward uprise not horizontal 0.1-0.5 Other deductions as per FIG Code of Points

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

PARALLEL BARS – LEVEL 8 u/14

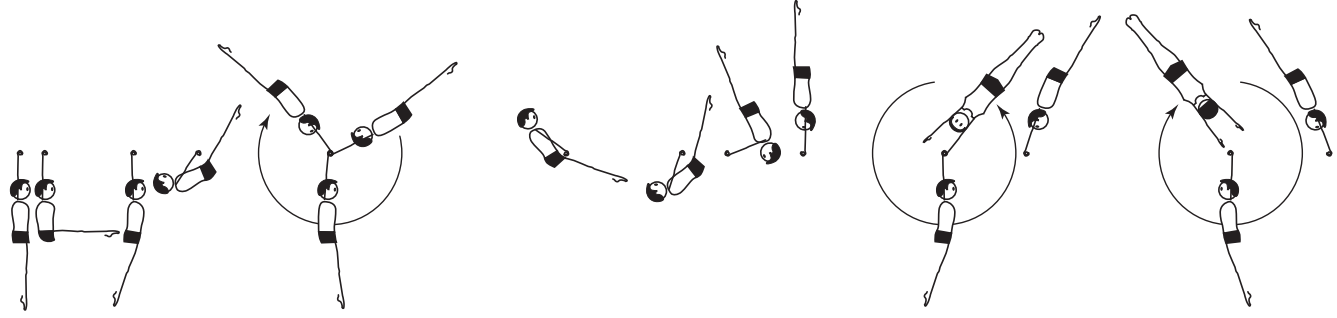
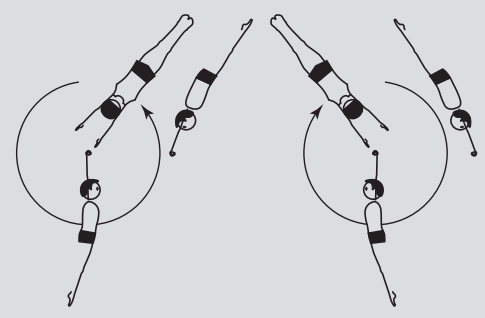
Level 8 cont. (page 2/2)

Item	Skill 4 – BONUS	Skill 5	Skill 5 – BONUS	Skill 6	Skill 7
Skill Value	+ 0.5	1.0	+ 0.5	1.5	1.0
Required Skill	Layaway to Upper-Arm, Back-Uprise to Handstand	Swing to Handstand	Swing to Handstand, Reverse Pivot	Front-Uprise, Swing to Handstand (2 sec)	Salto Backwards Stretched Dismount
					
Technical Description	Layaway to upper-arm and swing forwards to momentary basket position. Cast forwards into back-uprise to momentary handstand.	Swing forwards and backwards to momentary handstand.	Swing forwards and backwards to handstand with 180° reverse pivot.	Layaway to upper-arm and swing forwards through to front-uprise to support and swing backwards to handstand (hold 2 seconds).	Swing forwards to salto backwards stretched dismount over the bar to stand.
Typical Deductions	Momentary basket position not shown 0.3 Legs not horizontal in upper-arm basket 0.1-0.5 Other deductions as per FIG Code of Points	Momentary HS not shown 0.3 Other deductions as per FIG Code of Points	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points

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

HORIZONTAL BAR – LEVEL 8 u/14

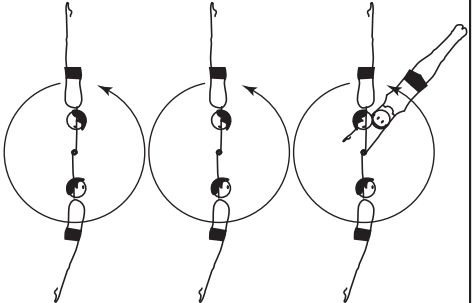
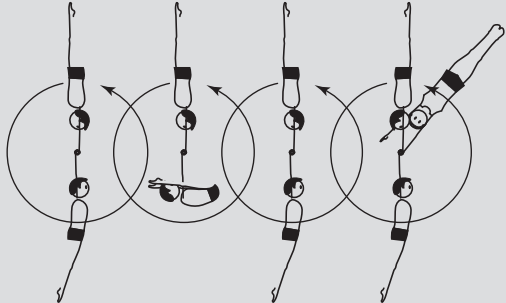
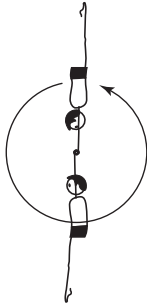
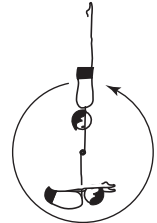
Three BONUS skills (page 1/3)

Item	Skill 1	Skill 2	Skill 3	Skill 3 - BONUS
Skill Value	0.5	1.0	1.5	+ 0.5
Required Skill	Back-Uprise	Clear-Hip Circle	Swing ½ Turn. Hop ½ Turn	Hop ½ Turn x2
				
Technical Description	Using any technique to start, back-uprise to 45° above horizontal.	Immediate clear-hip circle to handstand.	Swing ½ turn to 30° from handstand, swing hop ½ turn to 30° from handstand.	Swing hop ½ turn to 30° from handstand x2.
Typical Deductions	Uprise < 45° above horizontal (44°-30°/29°-15°/ < 15°) 0.1-0.5 Other deductions as per FIG Code of Points	Deductions as per FIG Code of Points	Turns < 30° from handstand (31°-45°/45°-60°/> 60°) 0.1-0.5 No hop in second turn 0.3 Other deductions as per FIG Code of Points	Turns < 30° from handstand (31°-45°/45°-60°/> 60°) 0.1-0.5 Other deductions as per FIG Code of Points

* No D-Jury deductions for additional giant swings; E-Jury deductions still apply

HORIZONTAL BAR – LEVEL 8 u/14

Level 8 cont. (page 2/3)

Item	Skill 4	Skill 4 - BONUS	Skill 5	Skill 6
Skill Value	2.0	+ 0.5	1.0	1.0
Required Skill	Backward Giant x2*, Blind Change	Backward Giant x1*, Stalder, Backward Giant x1*, Blind Change	Forward Giant x1*	Endo
				
Technical Description	<p>Giant swing backwards x2 (minimum) followed by giant swing backwards with ½ turn over the bar to reverse grip (Blind Change).</p> <p>NB: 3 giant swings, the 3rd with a ½ turn</p>	<p>Giant swing backwards x1 (minimum) and stalder circle to handstand. Giant swing backwards x1 (minimum) followed by giant swing backwards with ½ turn over the bar to reverse grip (Blind Change).</p> <p>NB: 2 giant swings after the stalder, the 2nd with a ½ turn</p>	Giant swing forwards x1 (minimum).	Endo circle to handstand.
Typical Deductions	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points

* No D-Jury deductions for additional giant swings; E-Jury deductions still apply

HORIZONTAL BAR – LEVEL 8 u/14

Level 8 cont. (page 3/3)

Item	Skill 7	Skill 8	Skill 9	Skill 9 - BONUS
Skill Value	1.0	1.0	1.0	+ 0.5
Required Skill	Forward Giant x1*, Top Change	Backward Giant x2*	Salto Backwards Stretched Dismount	Double Salto Backwards Tucked Dismount
Technical Description	Giant swing forwards x1 (minimum) followed by giant swing forwards with ½ turn over the bar to top grip (Top Change). NB: 2 giant swings, the 2nd with a ½ turn	Giant swing backwards x2 (minimum).	Salto backwards stretched dismount to stand.	Double salto backwards tucked dismount to stand.
Typical Deductions	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points

* No D-Jury deductions for additional giant swings; E-Jury deductions still apply



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BY APPARATUS



Gymnastics Australia
Men's Australian Levels Program
NATIONAL COMPETITION CURRICULUM
Floor Exercise

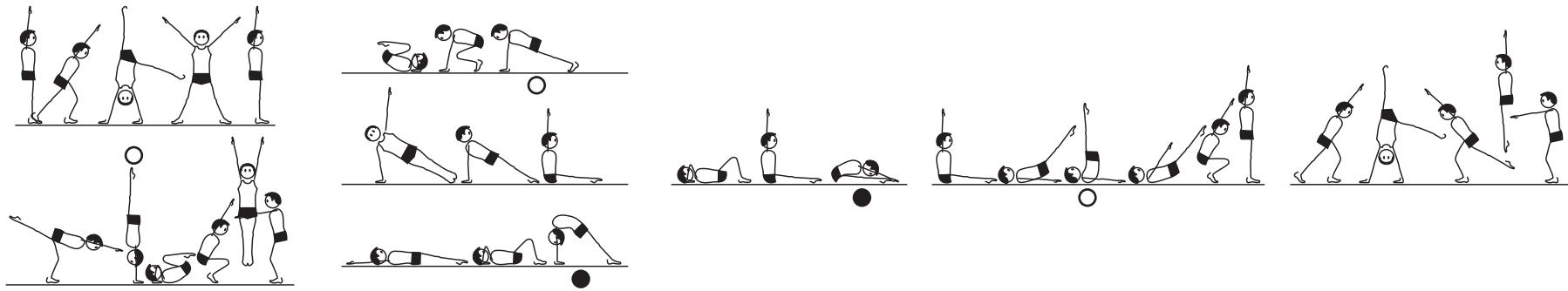
FLOOR EXERCISE – LEVEL 1

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 momentary 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 momentary front support.	Jump to momentary squat stand with immediate straight jump to stand.
Typical Deductions	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	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	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	Squat not shown 0.3 Jump not dynamic 0.3 Body not stretched in jump 0.1 - 0.5

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 2

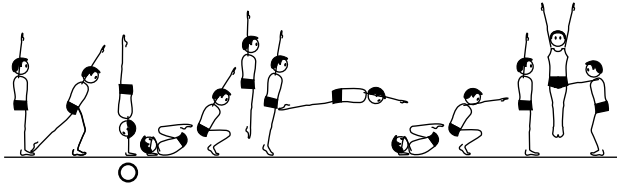
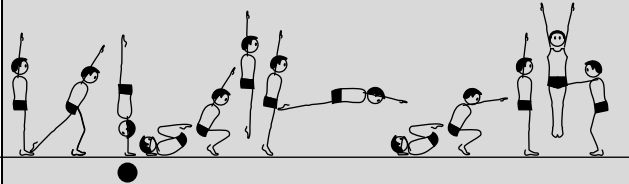
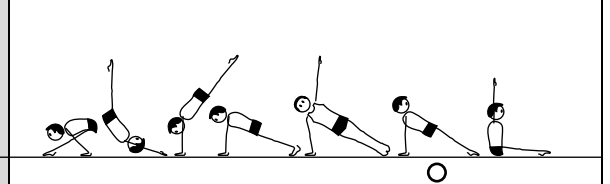
Item	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Skill Value	2.5	3.0	1.5	1.5	1.5
Required Skill	Cartwheel, Handstand Roll, Jump ½ Turn	Backward Roll, Rear Support, Bridge (2 Sec)	Pike Stretch (2 Sec)	Shoulder Stand	Cartwheel, Straight Jump
					
Technical Description	Stand inside the floor area, lift arms to a presentation position and begin the routine. Step forwards to cartwheel and finish sideways. ¼ turn outwards to face forward and lunge step to kick through to momentary handstand with forward roll out. Immediate jump ½ turn to stand.	Backward roll with straight arms to momentary front support. Turn to rear support and lower to seated L-sit. Lift arms above the head and lie down backwards. Bend arms and legs to push into bridge (hold 2 seconds).	Lower down and lift to seated L-sit with arms above the head. Reach forwards towards toes into pike stretch (hold 2 seconds).	Roll backwards to momentary shoulder stand with arms under the body on the floor. Roll forwards to stand.	Step forwards to cartwheel with ¼ turn inwards and straight jump to land.
Typical Deductions	Cartwheel off-line 0.1-0.5 Lack of rhythm 0.1-0.3 Bent hip in cartwheel 0.1-0.5 Handstand not shown 0.3 Poor shape in H/stand 0.1-0.5 Jump not dynamic 0.3	F/support not shown 0.3 Lack of rhythm 0.1-0.5 Bent knees 0.1-0.5 Bent arms 0.1-0.5 Shoulders not over hands 0.1-0.5 Hold < 2 seconds 0.3 No hold in bridge 0.5	Lack of flexibility 0.1-0.3 Bent knees 0.1-0.5 Hold < 2 seconds 0.3 No hold 0.5	Momentary shoulder stand not shown 0.3 Shoulder stand not vertical (1°-15°/16°-30°/>30°) 0.1-0.5 Lack of rhythm	Cartwheel off-line 0.1-0.5 Lack of rhythm 0.1-0.3 Bent hip in cartwheel 0.1-0.5 Jump not dynamic 0.3 Body not straight in jump 0.1-0.5

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

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 momentary 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 < 45° above horizontal (30°-16°/15°-0.1°/ < 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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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																																												

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 momentary dish position.	Roll sideways to momentary arch position and lie face down. Circle arms around and push up to momentary 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"> <tr><td>Lack of rhythm</td><td>0.1-0.5</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>Shoulders not vertical over hands</td><td>0.1-0.5</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>Momentary dish position not shown</td><td>0.3</td></tr> <tr><td>Poor dish shape</td><td>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"> <tr><td>Momentary arch position not shown</td><td>0.3</td></tr> <tr><td>Poor arch shape</td><td>0.1-0.5</td></tr> <tr><td>Lack of rhythm</td><td>0.1-0.3</td></tr> <tr><td>Body not straight in push to support</td><td>0.1-0.3</td></tr> <tr><td>Momentary front support not shown</td><td>0.3</td></tr> <tr><td>Poor body shape in front support</td><td>0.1-0.5</td></tr> <tr><td>Lack of extension in forward roll</td><td>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"> <tr><td>Cartwheel round-off off-line</td><td>0.1-0.5</td></tr> <tr><td>Lack of rhythm</td><td>0.1-0.5</td></tr> <tr><td>Bent hips in cartwheel/round-off</td><td>0.1-0.5</td></tr> <tr><td>Jump not dynamic</td><td>0.3</td></tr> <tr><td>Steps / Uncontrolled landing</td><td>0.1-0.3 (each)</td></tr> <tr><td>Fall</td><td>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
Lack of rhythm	0.1-0.5																																												
Bent knees	0.1-0.5																																												
Bent arms	0.1-0.5																																												
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Steps / Uncontrolled landing	0.1-0.3 (each)																																												
Fall	1.0																																												

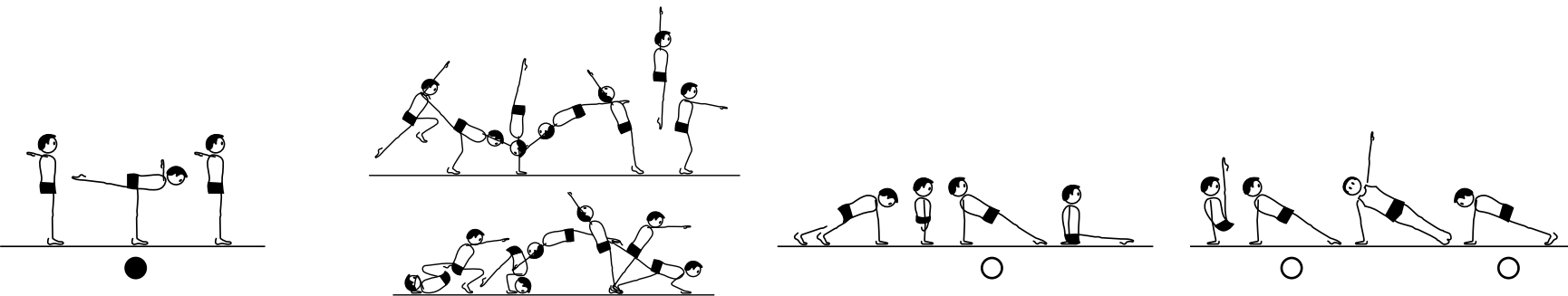
Momentary requires the gymnast to stop in the described position but not hold the position

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

FLOOR EXERCISE – LEVEL 4

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
Bent knees	0.1-0.5																																																									
Back leg < 15° above horizontal																																																										
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Lack of rhythm	0.1-0.3																																																									
Raised leg < vertical in prone (1°-15°/16°-30°/ > 30°)	0.1-0.5																																																									
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Lack of extension in DLC	0.1-0.3																																																									
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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																																																									

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
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																																																															
Poor body shape in handstand	0.1-0.5																																																															
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Lack of extension into roll	0.1-0.5																																																															
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Steps/uncontrolled landing	0.1-0.3																																																															
Fall	1.0																																																															

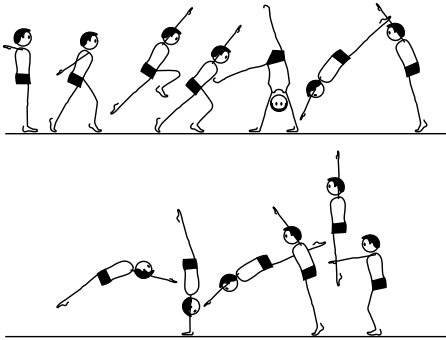
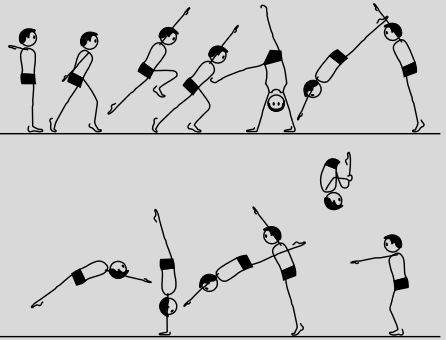
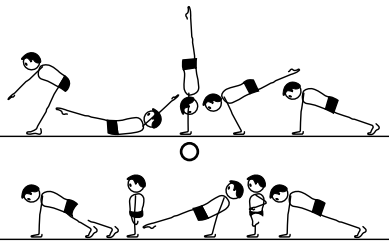
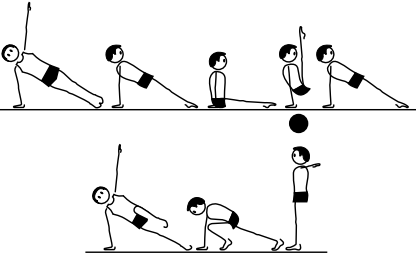
Momentary requires the gymnast to stop in the described position but not hold the position

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

FLOOR EXERCISE – LEVEL 5

Two BONUS skills (page 1/2)

This routine should be completed in approx. 45 seconds

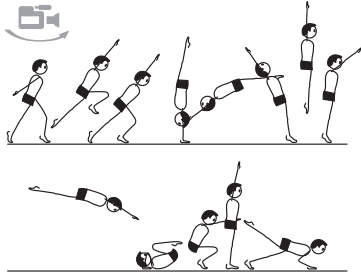
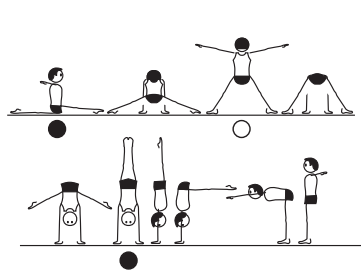
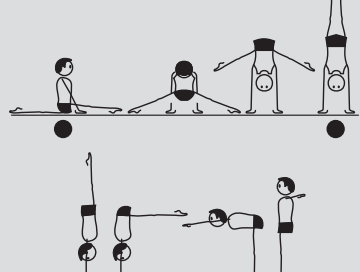
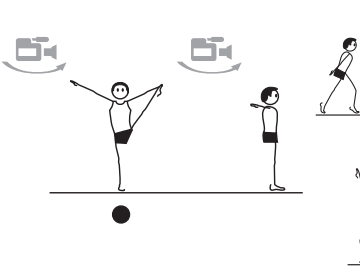
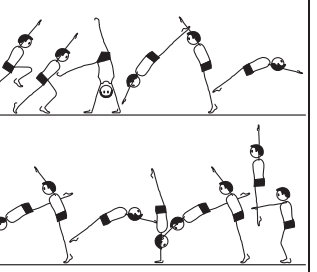
Item	Skill 1	Skill 1 – BONUS	Skill 2	Skill 3																																																						
Skill Value	1.0	+ 0.5	2.0	1.0																																																						
Required Skill	Round-Off, Back Flip, Straight Jump	Round-Off, Back Flip, Salto Backwards Tucked	Backward Roll to Handstand, Front Support, DLC x1	Rear Support, V-Sit (2 Sec), Rear Support, Stand																																																						
																																																										
Technical Description	Stand inside the floor area, lift arms to a presentation position and begin the routine. From a short run, hurdle round-off, back handspring, straight jump to stand.	Stand inside the floor area, lift arms to a presentation position and begin the routine. From a short run, hurdle round-off, back handspring, salto backwards tucked to stand.	Backward roll with straight arms through momentary handstand and lower down to front support in a controlled manner. Step to the side and perform 1x double leg circle to front support.	Turn to rear support and lower to seated L-sit. Lift to V-sit (hold 2 seconds) and push outward to rear support. Lift and bend one leg upwards and turn over the remaining straight leg to stand.																																																						
Typical Deductions	<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>Body not stretched in jump</td><td>0.1-0.5</td></tr> <tr><td>Steps/uncontrolled landing</td><td>0.1-0.3 (ea)</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	Body not stretched in jump	0.1-0.5	Steps/uncontrolled landing	0.1-0.3 (ea)	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>Lack of height in salto</td><td>0.1-0.3</td></tr> <tr><td>Poor tuck position in salto</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>	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	Lack of height in salto	0.1-0.3	Poor tuck position in salto	0.1-0.5	Steps/uncontrolled landing	0.1-0.3	Fall	1.0	<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>Momentary handstand not shown</td><td>0.3</td></tr> <tr><td>Backward roll < vertical (1°-15°/16°-30°/> 30°)</td><td>0.1-0.5</td></tr> <tr><td>Lack of control in lower</td><td>0.1-0.3</td></tr> <tr><td>Lack of extension in DLC</td><td>0.1-0.3</td></tr> </table>	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Momentary handstand not shown	0.3	Backward roll < vertical (1°-15°/16°-30°/> 30°)	0.1-0.5	Lack of control in lower	0.1-0.3	Lack of extension in DLC	0.1-0.3	<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 < vertical in V-sit (1°-15°/16°-30°/> 30°)</td><td>0.1-0.5</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 < vertical in V-sit (1°-15°/16°-30°/> 30°)	0.1-0.5	Hold < 2 seconds	0.3	No hold	0.5
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Momentary requires the gymnast to stop in the described position but not hold the position

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FLOOR EXERCISE – LEVEL 5

Level 5 cont. (page 2/2)

Item	Skill 4	Skill 5	Skill 5 – BONUS	Skill 6	Skill 7
Skill Value	1.5	1.5	+ 0.5	1.0	2.0
Required Skill	Handspring, Jump, Dive Roll, Prone	Splits (2 Sec), Straddle Stand, Swiss Press (2 Sec)	Splits (2 Sec), Press to Handstand (2 Sec)	Y-Scale (2 Sec)	Round-Off, Back Flip x2, Straight Jump
					
Technical Description	From a short run, handspring rebound straight jump and immediate punch dive roll to stand and fall to prone with one leg raised.	Swing raised leg around to front splits (hold 2 seconds). Press with straight arms to momentary straddle stand. Swiss press to handstand (hold 2 seconds) and 45° turn with pike down to stand to face opposite corner.	Swing raised leg around to front splits (hold 2 seconds). Press with straight arms to handstand (hold 2 seconds) and 45° with pike down to stand to face opposite corner.	Lift to Y-scale (hold 2 seconds).	From a short run, hurdle round-off, back handspring x2, straight jump to stand.
Typical Deductions	Bent knees 0.1-0.5 Bent arms 0.1-0.5 Poor body shape 0.1-0.5 No rebound 0.3 Dive roll not stretched 0.1-0.5 Lack of height in dive roll 0.1-0.5 Lack of rhythm 0.1-0.3 Raised leg < vertical (1°-15°/16°-30°/> 30°) 0.1-0.5	Lack of flexibility 0.1-0.5 Bent knees 0.1-0.5 Bent arms 0.1-0.5 Hold < 2 seconds 0.3 No hold 0.5 Momentary straddle stand not shown 0.3 Lack of rhythm in press 0.1-0.3 Jump action in press 0.5 Poor handstand shape 0.1-0.5	Lack of flexibility 0.1-0.5 Bent knees 0.1-0.5 Bent arms 0.1-0.5 Hold < 2 seconds 0.3 No hold 0.5 Lack of rhythm in press 0.1-0.3 Poor handstand shape 0.1-0.5 Feet not pointed 0.1	Raised leg < shoulder height 0.1-0.5 Bent knees 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	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 Steps/uncontrolled landing 0.1-0.3 Fall 1.0


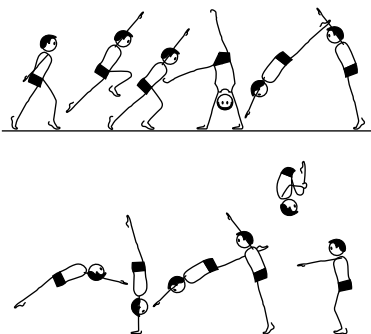
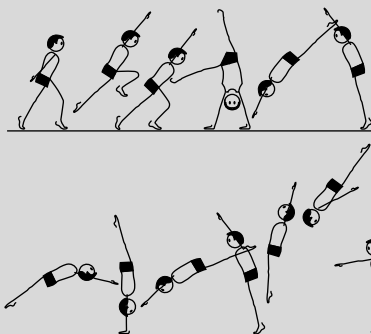
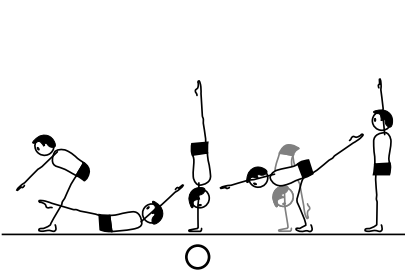
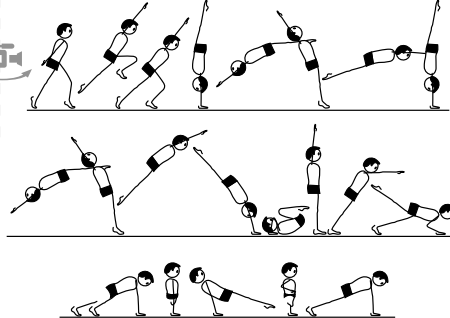
Momentary requires the gymnast to stop in the described position but not hold the position

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FLOOR EXERCISE – LEVEL 6

Two BONUS skills (page 1/2)

This routine should be completed in approx. 60 seconds

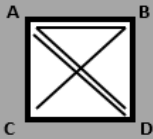
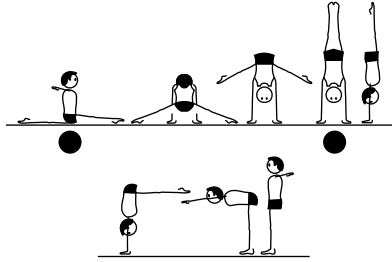
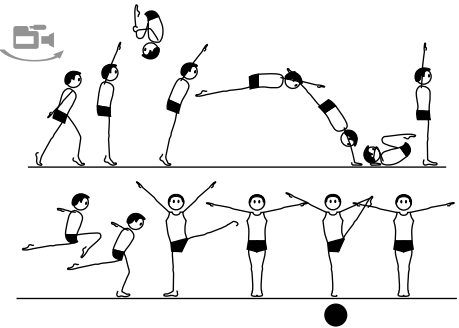
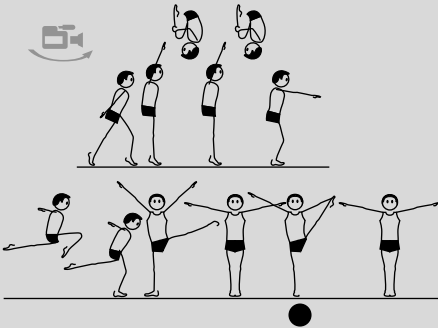
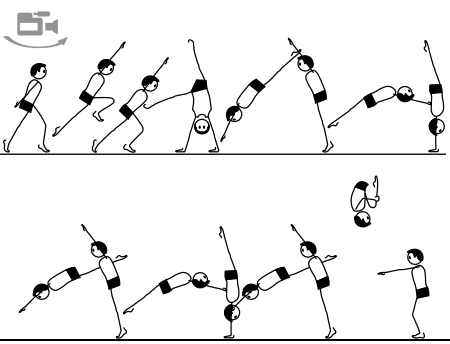
Item	Skill 1	Skill 1 – BONUS	Skill 2	Skill 3																																																								
Skill Value	1.5	+ 0.5	0.5	2.5																																																								
Required Skill	Round-Off, Back Flip, Salto Backwards Tucked	Round-Off, Back Flip, Salto Backwards Stretched	Backward Roll to Handstand	Handspring, Flyspring, Dive Roll, Prone, DLC x1																																																								
 																																																												
Technical Description	Stand inside the floor area, lift arms to a presentation position and begin routine. From a short run hurdle to round-off, back handspring, salto backwards tucked. (A to D)	Stand inside the floor area, lift arms to a presentation position and begin routine. From a short run hurdle to round-off, back handspring, salto backwards stretched. (A to D)	Backward roll with straight arms through momentary handstand and step / pike to the stand in the corner.	From a short run, handspring to immediate flyspring, punch dive roll to stand. Fall to prone with one leg raised. Step to the side and perform 1x double leg circle to front support. (D to A)																																																								
Typical Deductions	<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>Lack of height in salto</td><td>0.1-0.3</td></tr> <tr><td>Poor tuck position in salto</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>	Hurdle not stretched	0.1-0.3	Round-off off-line	0.1-0.5	Lack of rhythm	0.1-0.3	Lack of height in salto	0.1-0.3	Poor tuck position in salto	0.1-0.5	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>Lack of height in salto</td><td>0.1-0.3</td></tr> <tr><td>Poor position in salto</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>	Hurdle not stretched	0.1-0.3	Round-off off-line	0.1-0.5	Lack of rhythm	0.1-0.3	Lack of height in salto	0.1-0.3	Poor position in salto	0.1-0.5	Steps/uncontrolled landing	0.1-0.3	Fall	1.0	<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>Momentary handstand not shown</td><td>0.3</td></tr> <tr><td>Backward roll < vertical (1°-15°/16°-30°/> 30°)</td><td>0.1-0.5</td></tr> <tr><td>Feet not pointed</td><td>0.1</td></tr> </table>	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Momentary handstand not shown	0.3	Backward roll < vertical (1°-15°/16°-30°/> 30°)	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>Bent arms</td><td>0.1-0.5</td></tr> <tr><td>Lack of height in dive roll</td><td>0.1-0.3</td></tr> <tr><td>Body not stretched in dive roll</td><td>0.1-0.5</td></tr> <tr><td>Lack of rhythm</td><td>0.1-0.3</td></tr> <tr><td>Steps/uncontrolled landing</td><td>0.1-0.3</td></tr> <tr><td>Fall</td><td>1.0</td></tr> <tr><td>Back leg < vertical in prone (1°-15°/16°-30°/> 30°)</td><td>0.1-0.5</td></tr> <tr><td>Lack of extension in DLC</td><td>0.1-0.3</td></tr> </table>	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Lack of height in dive roll	0.1-0.3	Body not stretched in dive roll	0.1-0.5	Lack of rhythm	0.1-0.3	Steps/uncontrolled landing	0.1-0.3	Fall	1.0	Back leg < vertical in prone (1°-15°/16°-30°/> 30°)	0.1-0.5	Lack of extension in DLC	0.1-0.3
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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 6

Level 6 cont. (page 2/2)

Item	Skill 4	Skill 5	Skill 5 – BONUS	Skill 6																																																																				
Skill Value	1.5	2.0	+ 0.5	2.0																																																																				
Required Skill	Splits (2 Sec), Press to Handstand (2 Sec)	Salto Forwards Tucked + Dive Roll, Y-Scale	Salto Forwards Tucked + Salto Forwards Tucked, Y-Scale	Round-Off, Back Flip x2, Salto Backwards Tucked																																																																				
																																																																								
Technical Description	Swing one leg around to front splits (hold 2 seconds). Press with straight arms to handstand (hold 2 seconds) and turn with pike down to stand to face along the side of the floor.	From a short run, punch salto forwards tucked + punch dive roll (shoulder height) to stand. Stag leap and kick with turn into corner to face along the diagonal. Lift to Y-scale (hold 2 seconds). (A to B or A to C)	From a short run, punch salto forwards tucked + punch salto forwards tucked (shoulder height). Stag leap and kick with turn into corner to face along the diagonal. Lift to Y-scale (hold 2 seconds). (A to B or A to C)	From a short run, hurdle round-off, back handspring x2, salto backwards tucked. (B to C or C to B)																																																																				
Typical Deductions	<table border="0"> <tr><td>Lack of flexibility</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>Bent arms</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Hold < 2 seconds (each time)</td><td style="text-align: right;">0.3</td></tr> <tr><td>No hold (each time)</td><td style="text-align: right;">0.5</td></tr> <tr><td>Lack of rhythm in press</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> </table>	Lack of flexibility	0.1-0.3	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Hold < 2 seconds (each time)	0.3	No hold (each time)	0.5	Lack of rhythm in press	0.1-0.3	Feet not pointed	0.1	<table border="0"> <tr><td>Poor tuck position in salto</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Lack of height in salto</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>Lack of height in dive roll</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>Body not stretched in dive roll</td><td style="text-align: right;">0.1-0.5</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> <tr><td>Bent back leg in leap</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Leg < horizontal in kick turn (1°-15°/16°-30°/> 30°)</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Raised leg < shoulder height</td><td style="text-align: right;">0.1-0.5</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>	Poor tuck position in salto	0.1-0.5	Lack of height in salto	0.1-0.3	Lack of height in dive roll	0.1-0.3	Body not stretched in dive roll	0.1-0.5	Steps/uncontrolled landing	0.1-0.3	Fall	1.0	Bent back leg in leap	0.1-0.5	Leg < horizontal in kick turn (1°-15°/16°-30°/> 30°)	0.1-0.5	Raised leg < shoulder height	0.1-0.5	Hold < 2 seconds	0.3	No hold	0.5	<table border="0"> <tr><td>Poor tuck position in salto</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Lack of height in salto</td><td style="text-align: right;">0.1-0.3</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> <tr><td>Bent back leg in leap</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Leg < horizontal in kick turn (1°-15°/16°-30°/> 30°)</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Raised leg < shoulder height</td><td style="text-align: right;">0.1-0.5</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>	Poor tuck position in salto	0.1-0.5	Lack of height in salto	0.1-0.3	Steps/uncontrolled landing	0.1-0.3	Fall	1.0	Bent back leg in leap	0.1-0.5	Leg < horizontal in kick turn (1°-15°/16°-30°/> 30°)	0.1-0.5	Raised leg < shoulder height	0.1-0.5	Hold < 2 seconds	0.3	No hold	0.5	<table border="0"> <tr><td>Hurdle not stretched</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>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;">0.1-0.3</td></tr> <tr><td>Lack of height in salto</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>Poor tuck position in salto</td><td style="text-align: right;">0.1-0.5</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>	Hurdle not stretched	0.1-0.3	Round-off off-line	0.1-0.5	Lack of rhythm	0.1-0.3	Lack of height in salto	0.1-0.3	Poor tuck position in salto	0.1-0.5	Steps/uncontrolled landing	0.1-0.3	Fall	1.0
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Steps/uncontrolled landing	0.1-0.3																																																																							
Fall	1.0																																																																							
Bent back leg in leap	0.1-0.5																																																																							
Leg < horizontal in kick turn (1°-15°/16°-30°/> 30°)	0.1-0.5																																																																							
Raised leg < shoulder height	0.1-0.5																																																																							
Hold < 2 seconds	0.3																																																																							
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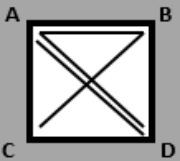
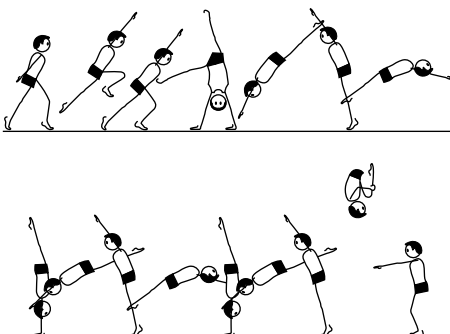
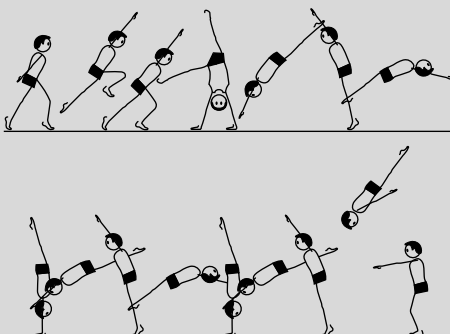
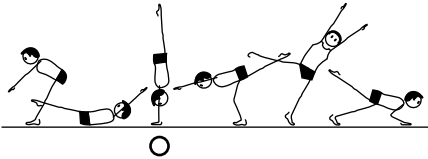
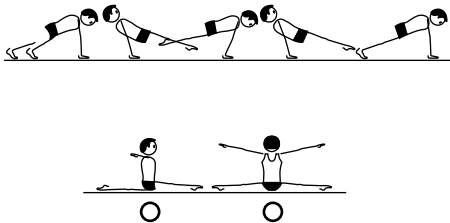
Momentary requires the gymnast to stop in the described position but not hold the position

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

FLOOR EXERCISE – LEVEL 7 u/13

Two BONUS skills (page 1/3)

Routine should be completed in approx. 60 seconds

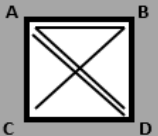
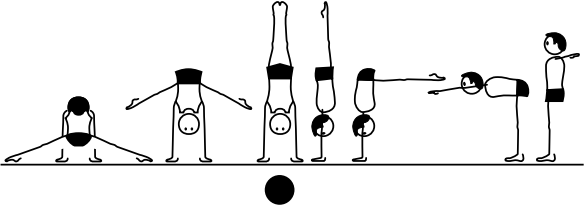
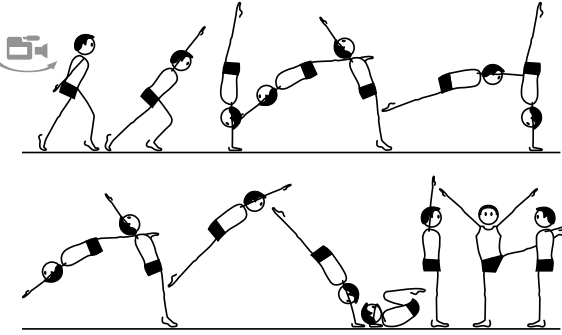
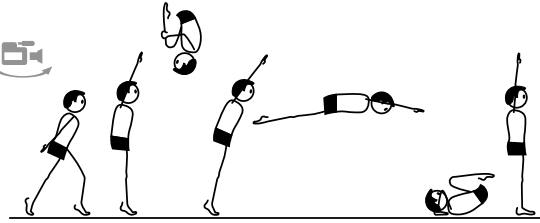
Item	Skill 1	Skill 1 – BONUS	Skill 2	Skill 3																																																
Skill Value	1.5	+ 0.5	1.0	2.0																																																
Required Skill	Round-off, Back Flip x2, Salto Backwards Tucked	Round-off, Back Flip x2, Salto Backwards Stretched	Backward Roll to Handstand, Step Down and Lower to Prone	DLC x2 Splits, Middle Splits																																																
<div style="display: flex; align-items: center;">  </div>																																																				
Technical Description	Stand inside the floor area, lift arms to a presentation position and begin the routine. From a short run, hurdle and round-off, back handspring x2 and salto backwards tucked. (A to D)	Stand inside the floor area, lift arms to a presentation position and begin the routine. From a short run, hurdle and round-off, back handspring x2 and salto backwards stretched. (A to D)	Roll backwards with straight arms through momentary handstand. Step down to stand then lower (with or without ½ turn) to prone position with one leg raised.	Step to the side and perform 2x double leg circles through front support (no stop required) and swing one leg around to momentary front splits*. Turn ¼ to momentary middle splits.																																																
Typical Deductions	<table border="0"> <tr><td>Hurdle not stretched</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>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;">0.1-0.3</td></tr> <tr><td>Lack of height in salto</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>Poor tuck position in salto</td><td style="text-align: right;">0.1-0.5</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>	Hurdle not stretched	0.1-0.3	Round-off off-line	0.1-0.5	Lack of rhythm	0.1-0.3	Lack of height in salto	0.1-0.3	Poor tuck position in salto	0.1-0.5	Steps/uncontrolled landing	0.1-0.3	Fall	1.0	<table border="0"> <tr><td>Hurdle not stretched</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>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;">0.1-0.3</td></tr> <tr><td>Lack of height in salto</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>Poor body position in salto</td><td style="text-align: right;">0.1-0.5</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>	Hurdle not stretched	0.1-0.3	Round-off off-line	0.1-0.5	Lack of rhythm	0.1-0.3	Lack of height in salto	0.1-0.3	Poor body position in salto	0.1-0.5	Steps/uncontrolled landing	0.1-0.3	Fall	1.0	<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>Momentary handstand not shown</td><td style="text-align: right;">0.3</td></tr> <tr><td>Backward roll < vertical (1°-15°/16°-30°/> 30°)</td><td style="text-align: right;">0.1-0.5</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> <tr><td>Lack of rhythm</td><td style="text-align: right;">0.1-0.3</td></tr> </table>	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Momentary handstand not shown	0.3	Backward roll < vertical (1°-15°/16°-30°/> 30°)	0.1-0.5	Raised leg < vertical in prone (1°-15°/16°-30°/> 30°)	0.1-0.5	Lack of rhythm	0.1-0.3	<table border="0"> <tr><td>Lack of extension in DLC</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>Lack of flexibility (each time)</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> </table>	Lack of extension in DLC	0.1-0.3	Bent knees	0.1-0.5	Lack of flexibility (each time)	0.1-0.5	Feet not pointed	0.1
Hurdle not stretched	0.1-0.3																																																			
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Feet not pointed	0.1																																																			

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

* ½ turn permitted to achieve favoured leg

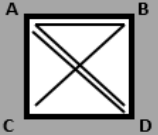
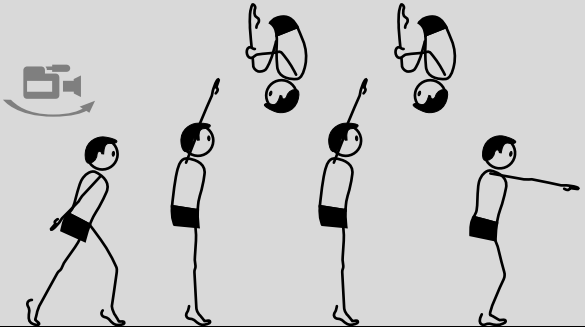
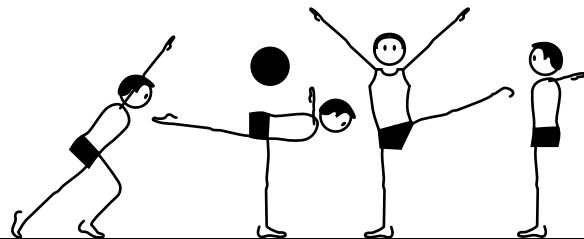
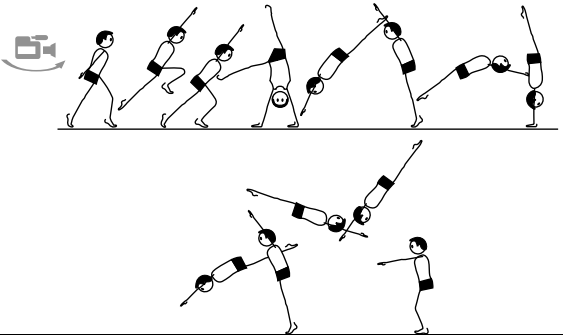
FLOOR EXERCISE – LEVEL 7 u/13

Level 7 cont. (page 2/3)

Item	Skill 4	Skill 5	Skill 6																																								
Skill Value	1.0	1.5	1.0																																								
Required Skill	Press to Handstand (2 sec)	Handspring, Flyspring, Dive Roll	Salto Forwards Tucked + Dive Roll																																								
<div style="display: flex; align-items: center; justify-content: space-between;"> <div style="width: 15%;">  </div> <div style="width: 85%; text-align: center;">  </div> <div style="width: 85%; text-align: center;">  </div> <div style="width: 85%; text-align: center;">  </div> </div>																																											
Technical Description	Press with straight arms to handstand (hold 2 seconds). Pivot and pike down to stand with straight legs facing the 'A' corner.	From a short run, handspring to immediate flyspring punch dive roll to stand. Step kick and turn into the corner. (D to A)	From a short run, punch salto forwards tucked + punch dive roll to stand. (A to B or A to C)																																								
Typical Deductions	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 70%;">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 handstand position</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>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	Bent arms	0.1-0.5	Poor handstand position	0.1-0.5	Feet not pointed	0.1	Hold < 2 seconds	0.3	No hold	0.5	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 70%;">Bent knees</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Bents arms</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Lack of height in dive roll</td> <td style="text-align: right;">0.1-0.3</td> </tr> <tr> <td>Body not stretched in dive 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>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>	Bent knees	0.1-0.5	Bents arms	0.1-0.5	Lack of height in dive roll	0.1-0.3	Body not stretched in dive roll	0.1-0.5	Lack of rhythm	0.1-0.3	Steps / uncontrolled landing	0.1-0.3	Fall	1.0	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 70%;">Poor tuck position in salto</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Lack of height in salto</td> <td style="text-align: right;">0.1-0.3</td> </tr> <tr> <td>Lack of height in dive roll</td> <td style="text-align: right;">0.1-0.3</td> </tr> <tr> <td>Body not stretched in dive 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>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>	Poor tuck position in salto	0.1-0.5	Lack of height in salto	0.1-0.3	Lack of height in dive roll	0.1-0.3	Body not stretched in dive roll	0.1-0.5	Lack of rhythm	0.1-0.3	Steps / uncontrolled landing	0.1-0.3	Fall	1.0
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Bent arms	0.1-0.5																																										
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FLOOR EXERCISE – LEVEL 7 u/13

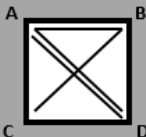
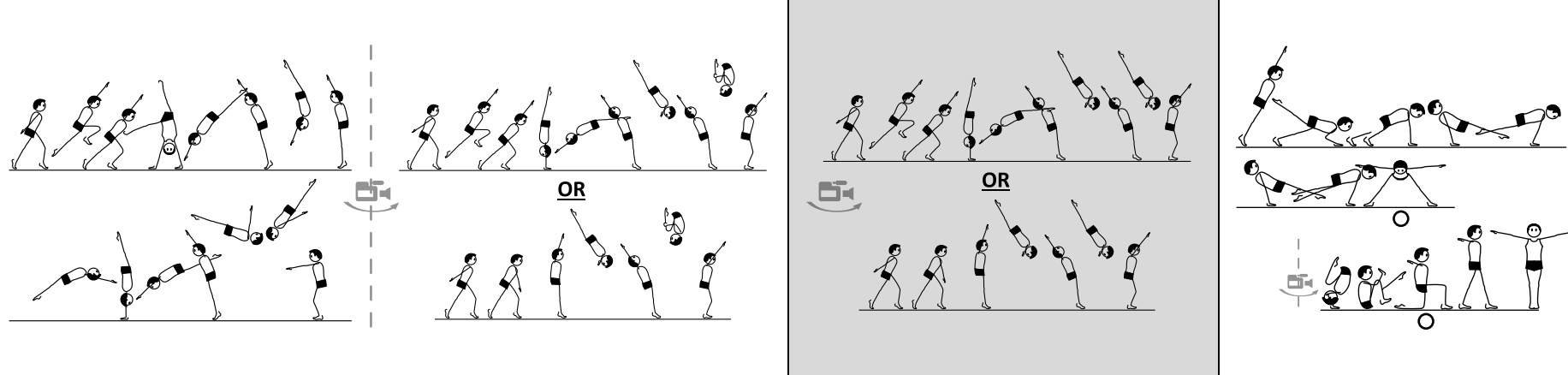
Level 7 cont. (page 3/3)

Item	Skill 6 – BONUS	Skill 7	Skill 8																																						
Skill Value	+ 0.5	0.5	1.5																																						
Required Skill	Salto Forwards Tucked + Salto Forwards Tucked	Scale	Round-off, Back Flip, Salto Backwards Stretched																																						
<div style="display: flex; align-items: center;">   </div>																																									
Technical Description	From a short run, punch salto forwards tucked + punch salto forwards tucked. (A to B or A to C)	Lunge step forwards and raise back leg to scale (hold 2 seconds) 30° above horizontal. Kick with and turn to face the diagonal.	From a short run, hurdle round-off, back handspring and salto backwards stretched. (B to C or C to B)																																						
Typical Deductions	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 70%;">Poor tuck position in salto (each)</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Lack of height in salto (each)</td> <td style="text-align: right;">0.1-0.3</td> </tr> <tr> <td>Lack of rhythm</td> <td style="text-align: right;">0.1-0.3</td> </tr> <tr> <td>Steps / uncontrolled landing (each time)</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>	Poor tuck position in salto (each)	0.1-0.5	Lack of height in salto (each)	0.1-0.3	Lack of rhythm	0.1-0.3	Steps / uncontrolled landing (each time)	0.1-0.3	Fall	1.0	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 70%;">Bent knees</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Bents arms</td> <td style="text-align: right;">0.1</td> </tr> <tr> <td>Raised leg < 30° above horizontal (29°-15°/14°-0°/> 0°)</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Hips not square in scale</td> <td style="text-align: right;">0.1-0.3</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> <tr> <td>Leg < horizontal in kick turn (1°-15°/16°-30°/> 30°)</td> <td style="text-align: right;">0.1-0.5</td> </tr> </table>	Bent knees	0.1-0.5	Bents arms	0.1	Raised leg < 30° above horizontal (29°-15°/14°-0°/> 0°)	0.1-0.5	Hips not square in scale	0.1-0.3	Hold < 2 seconds	0.3	No hold	0.5	Leg < horizontal in kick turn (1°-15°/16°-30°/> 30°)	0.1-0.5	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 70%;">Hurdle not stretched</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>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;">0.1-0.3</td> </tr> <tr> <td>Lack of height in salto</td> <td style="text-align: right;">0.1-0.3</td> </tr> <tr> <td>Poor body position in salto</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Steps / uncontrolled landing (each time)</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>	Hurdle not stretched	0.1-0.5	Round-off off-line	0.1-0.5	Lack of rhythm	0.1-0.3	Lack of height in salto	0.1-0.3	Poor body position in salto	0.1-0.5	Steps / uncontrolled landing (each time)	0.1-0.3	Fall	1.0
Poor tuck position in salto (each)	0.1-0.5																																								
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Steps / uncontrolled landing (each time)	0.1-0.3																																								
Fall	1.0																																								

FLOOR EXERCISE – LEVEL 8 u/14

Three BONUS skills (page 1/2)

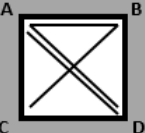
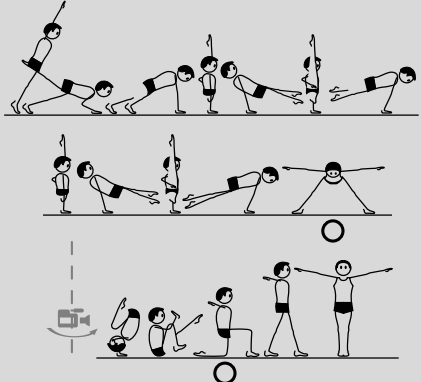
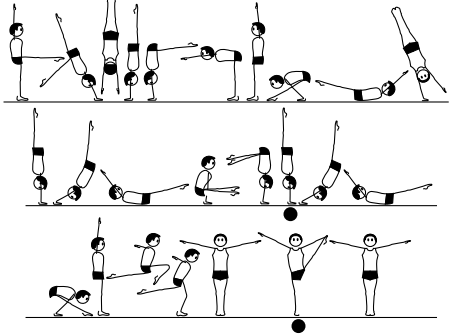
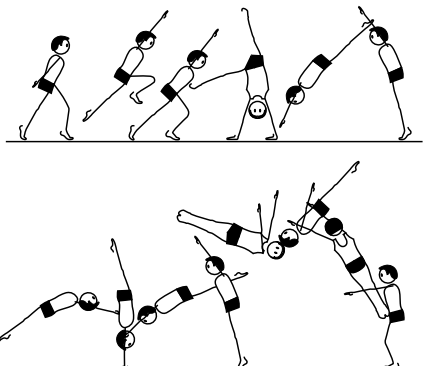
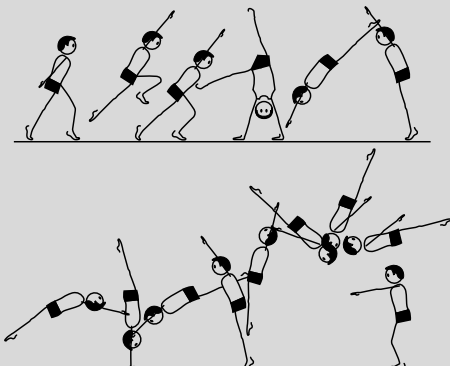
Routine should be completed in approx. 70 seconds

Item	Skill 1	Skill 2	Skill 2 - BONUS	Skill 3
Skill Value	2.0	2.0	+ 0.5	2.0
Required Skill	Round-off, Whip Back, Back Flip, Salto Backwards Stretched	(Handspring) Salto Forwards Stretched + Salto Forwards Tucked	(Handspring) Salto Forwards Stretched + Salto Forwards Stretched	Prone, DLC x2, Straddle Scale, Roll to Knee
<div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">  </div>  </div>	Stand inside the floor area, lift arms to a presentation position to begin routine. From a short run, hurdle and round-off, tempo salto backwards, back handspring, and salto backwards stretched. 360° artistic move into the corner. (A-D)	From a short run, handspring punch salto forwards stretched + salto forwards tucked. <u>OR</u> From a short run, punch salto forwards stretched + salto forwards tucked. (D-A)	From a short run, handspring punch salto forwards stretched + salto forwards stretched. <u>OR</u> From a short run, punch salto forwards stretched + salto forwards stretched. (D-A)	Fall to prone with one leg raised. Step to the side and perform 2x double leg circles through front support (no stop required) and swing one leg around and turn to face along the edge of the floor.
Typical Deductions	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points

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

FLOOR EXERCISE – LEVEL 8 u/14

Level 8 cont. (page 2/2)

Item	Skill 3 – BONUS	Skill 4	Skill 5	Skill 5 – BONUS
Skill Value	+ 0.5	2.0	2.0	+ 0.5
Required Skill	Prone, Flair x2, Straddle Scale, Roll to Knee	Artistic Side Sequence, Y-Scale (2 sec)	Round-off, Back Flip, Salto Backwards Stretched with 1/1 Twist	Round-off, Back Flip, Salto Backwards Stretched with 2/1 Twist
				
Technical Description	Fall to prone with one leg raised. Step to the side and perform 2x Thomas flairs through front support (no stop required) and swing one leg around and turn to momentary straddled scale. Roll forwards to momentary knee scale and stand with turn backwards to face along the edge of the floor. (A-B or A-C)	Kick to immediate handstand pop with ½ turn and pike down to stand. Backward roll to handstand with ½ turn roll out into immediate Endo roll to handstand (hold 2 seconds). Roll out to stand with straight legs. Step forwards and stag leap to the corner with kick ¼ turn to face opposite corner. Lift to Y-Scale (hold 2 seconds).	From a short run, hurdle round-off, back handspring and salto backwards stretched with 1/1 twist. (C-B or B-C)	From a short run, hurdle round-off, back handspring and salto backwards stretched with 2/1 twist. (C-B or B-C)
Typical Deductions	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points

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



Gymnastics Australia
Men's Australian Levels Program
NATIONAL COMPETITION CURRICULUM
Pommel Horse

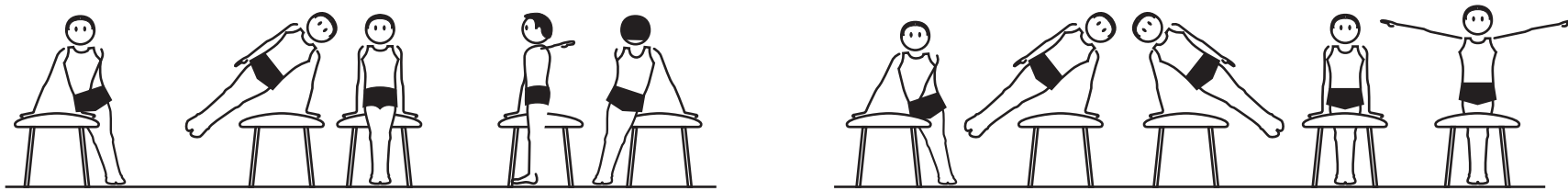
POMMEL HORSE – LEVEL 1

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	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	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	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	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	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

POMMEL HORSE – LEVEL 2

This routine is performed on a Mushroom

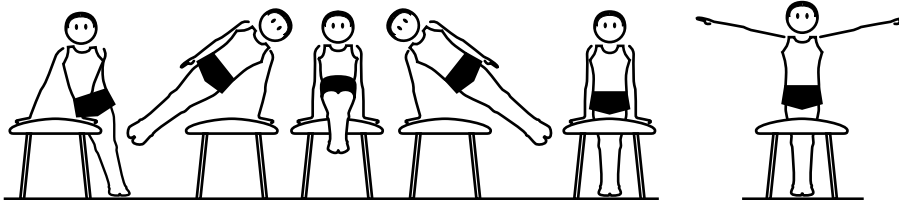
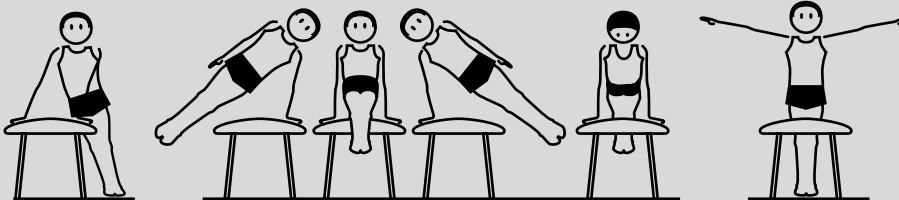
Item	Skill 1	Skill 2																																								
Skill Value	8.0	2.0																																								
Required Skill	½ Double Leg Circle to Rear Support, ½ counter turn to Front Support x 4	Double Leg Circle to Front Support to Stand																																								
	 <p style="text-align: center;">x4</p>																																									
Technical Description	<p>From a standing position, jump or swing into ½ double leg circle to finish in a rear support position. With control, counter turn on the spot to a front support position. Repeat x4*</p> <p>NB: This sequence requires the gymnast to maintain contact with the mushroom at all times with at least one hand.</p>	<p>From a standing position, jump or swing into double leg circle x1*. Push from support to stand behind the mushroom.</p>																																								
Typical Deductions	<table style="width: 100%; border-collapse: collapse;"> <tr><td>Lack of extension</td><td style="text-align: right;">0.1 (each element)</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>Bent hips</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 (per circle)</td></tr> <tr><td>Incomplete ½ double leg circle</td><td style="text-align: right;">0.3</td></tr> <tr><td>Contact with mushroom not maintained</td><td style="text-align: right;">0.3</td></tr> <tr><td>Counter turn the wrong direction</td><td style="text-align: right;">0.3</td></tr> <tr><td>Lack of control</td><td style="text-align: right;">0.1-0.3</td></tr> </table>	Lack of extension	0.1 (each element)	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Bent hips	0.1-0.5	Legs apart	0.1-0.5	Feet not pointed	0.1	Angular deviation (skewing)	0.1-0.5 (per circle)	Incomplete ½ double leg circle	0.3	Contact with mushroom not maintained	0.3	Counter turn the wrong direction	0.3	Lack of control	0.1-0.3	<table style="width: 100%; border-collapse: collapse;"> <tr><td>Lack of extension</td><td style="text-align: right;">0.1 (each element)</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>Bent hips</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 (per circle)</td></tr> <tr><td>Stop 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;">1.0</td></tr> </table>	Lack of extension	0.1 (each element)	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Bent hips	0.1-0.5	Legs apart	0.1-0.5	Feet not pointed	0.1	Angular deviation (skewing)	0.1-0.5 (per circle)	Stop without 2-handed support	0.3	Fall / Stop without control	1.0
Lack of extension	0.1 (each element)																																									
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Feet not pointed	0.1																																									
Angular deviation (skewing)	0.1-0.5 (per circle)																																									
Stop without 2-handed support	0.3																																									
Fall / Stop without control	1.0																																									

* No D-Jury deductions for additional circles; E-Jury deductions still apply

POMMEL HORSE – LEVEL 3

One BONUS skill

This routine is performed on a Mushroom

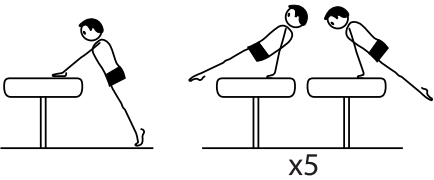
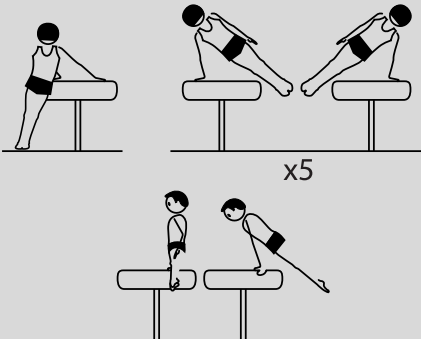
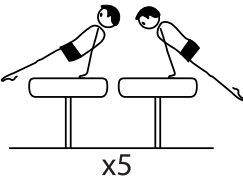
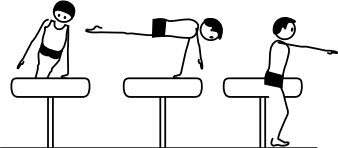
Item	Base Routine	BONUS Routine																																
Skill Value	10.0	+ 0.5																																
Required Skill	Double Leg Circle x10*	Consecutive Double Leg Circles x10*																																
	 <p style="text-align: center;">x10</p>	 <p style="text-align: center;">x10</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>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.</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>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>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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Dismount without 2-handed support	0.3																																	
Fall / stop without control	0.5																																	

* No D-Jury deductions for additional circles; E-Jury deductions still apply

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 border="0"> <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 border="0"> <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 border="0"> <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 border="0"> <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
Lack of extension (per circle)	0.1																																																											
Hip breaks	0.1-0.3																																																											
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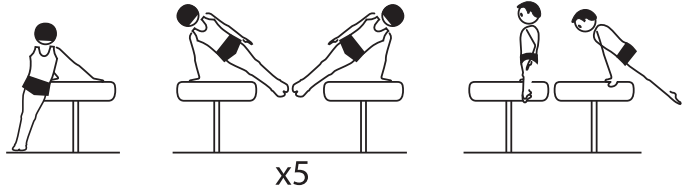
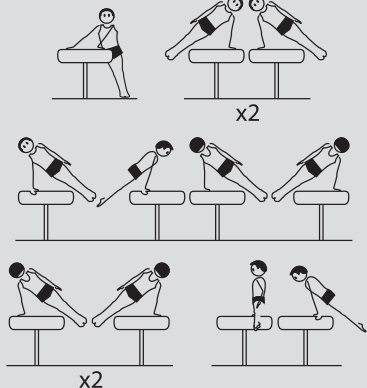
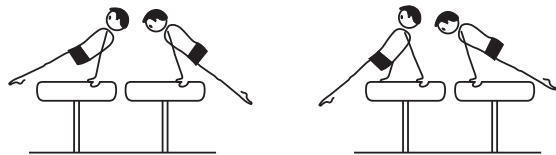
* No D-Jury deductions for additional circles; E-Jury deductions still apply

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

POMMEL HORSE – LEVEL 5

Two BONUS skills (page 1/2)

This routine is performed on a Buck

Item	Skill 1	Skill 1 – BONUS	Skill 2																																												
Skill Value	3.5	+ 0.5	2.0																																												
Required Skill	DLC x5*, ¼ Turn	DLC x2*, Czeckehre, DLC x2*, ¼ Turn	Loop x2*, Travel																																												
																																															
Technical Description	From a standing position jump or swing into side support circle x5 (minimum). ¼ turn backwards to a front support position in cross support on the back end of the buck.	From a standing position jump or swing into side support circle x2 (minimum). Czeckehre to a front support position and side support circle x2 (minimum). ¼ turn backwards to a front support position in cross support on the back end of the buck.	Cross support circle x2 (minimum) and step travel forwards to front support on the front end of the buck. NB: The middle of the buck should be clearly marked																																												
Typical Deductions	<table border="0"> <tr><td>Lack of extension (per circle)</td><td style="text-align: right;">0.1</td></tr> <tr><td>Hip breaks (each time)</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>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>Fall</td><td style="text-align: right;">1.0</td></tr> </table>	Lack of extension (per circle)	0.1	Hip breaks (each time)	0.1-0.3	Bent knees	0.1-0.5	Legs apart	0.1-0.5	Feet not pointed	0.1	Incomplete turn	0.1-0.5	Incorrect hand placement in turn	0.1-0.3	Fall	1.0	<table border="0"> <tr><td>Lack of extension (per circle)</td><td style="text-align: right;">0.1</td></tr> <tr><td>Hip breaks (each time)</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>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> </table>	Lack of extension (per circle)	0.1	Hip breaks (each time)	0.1-0.3	Bent knees	0.1-0.5	Legs apart	0.1-0.5	Feet not pointed	0.1	Incomplete turn	0.1-0.5	Incorrect hand placement in turn	0.1-0.3	<table border="0"> <tr><td>Lack of extension (per circle)</td><td style="text-align: right;">0.1</td></tr> <tr><td>Hip breaks (each time)</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>Angular deviation (skewing) (per circle)</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Step travel not evident (not passing over the middle of the buck)</td><td style="text-align: right;">0.3-0.5</td></tr> </table>	Lack of extension (per circle)	0.1	Hip breaks (each time)	0.1-0.3	Bent knees	0.1-0.5	Legs apart	0.1-0.5	Feet not pointed	0.1	Angular deviation (skewing) (per circle)	0.1-0.5	Step travel not evident (not passing over the middle of the buck)	0.3-0.5
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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 0.6 from the D-Score.

POMMEL HORSE – LEVEL 5

Level 5 cont. (page 2/2)

Item	Skill 4	Skill 4 – BONUS	Skill 5																																																
Skill Value	2.0	2.5	+ 0.5																																																
Required Skill	Rear Loop x2*, Travel	Loop x2*, Wende Dismount	Loop x2*, DSA to Wende Dismount																																																
Technical Description	Cross support circle facing outwards x2 (minimum). Step travel backwards to a front support position on the back end of the buck.	Cross support circle x2 (minimum) and wende dismount above horizontal to stand.	Cross support circle x2 (minimum) and Direct Stockli A to immediate wende dismount above horizontal to stand.																																																
Typical Deductions	<table border="0"> <tr><td>One hand behind middle (per circle)</td><td style="text-align: right;">0.1</td></tr> <tr><td>Both hands behind midline (per circle)</td><td style="text-align: right;">0.3</td></tr> <tr><td>Lack of extension (per circle)</td><td style="text-align: right;">0.1</td></tr> <tr><td>Hip breaks (each time)</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>Angular deviation (skewing) (per circle)</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Step travel not evident (not passing over the middle of the buck)</td><td style="text-align: right;">0.3-0.5</td></tr> </table>	One hand behind middle (per circle)	0.1	Both hands behind midline (per circle)	0.3	Lack of extension (per circle)	0.1	Hip breaks (each time)	0.1-0.3	Bent knees	0.1-0.5	Legs apart	0.1-0.5	Feet not pointed	0.1	Angular deviation (skewing) (per circle)	0.1-0.5	Step travel not evident (not passing over the middle of the buck)	0.3-0.5	<table border="0"> <tr><td>Lack of extension (per circle)</td><td style="text-align: right;">0.1</td></tr> <tr><td>Hip breaks (each time)</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>Angular deviation (skewing) (per circle)</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Dismount not above horizontal (feet above the shoulders)</td><td style="text-align: right;">0.3</td></tr> </table>	Lack of extension (per circle)	0.1	Hip breaks (each time)	0.1-0.3	Bent knees	0.1-0.5	Legs apart	0.1-0.5	Feet not pointed	0.1	Angular deviation (skewing) (per circle)	0.1-0.5	Dismount not above horizontal (feet above the shoulders)	0.3	<table border="0"> <tr><td>Lack of extension (per circle)</td><td style="text-align: right;">0.1</td></tr> <tr><td>Hip breaks (each time)</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>Incomplete turn</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>Dismount not above horizontal (feet above the shoulders)</td><td style="text-align: right;">0.3</td></tr> </table>	Lack of extension (per circle)	0.1	Hip breaks (each time)	0.1-0.3	Bent knees	0.1-0.5	Legs apart	0.1-0.5	Feet not pointed	0.1	Incomplete turn	0.1-0.5	Angular deviation (skewing) (per circle)	0.1-0.5	Dismount not above horizontal (feet above the shoulders)	0.3
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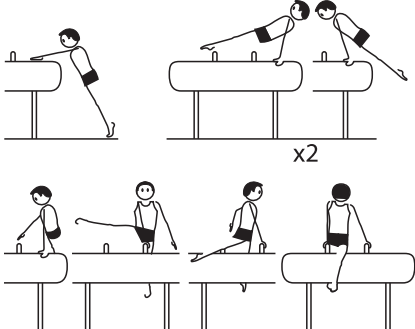
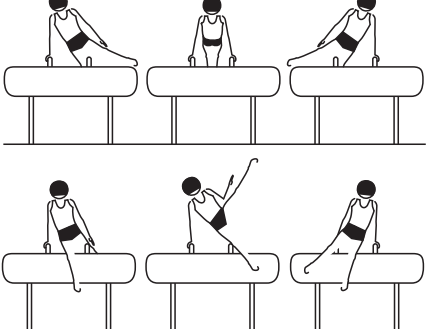
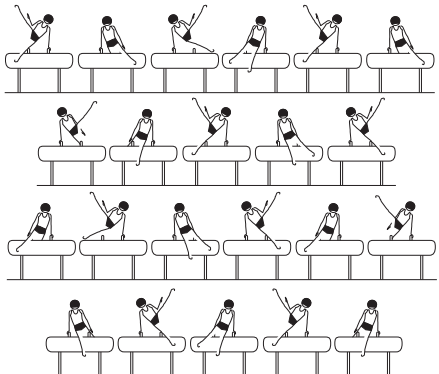
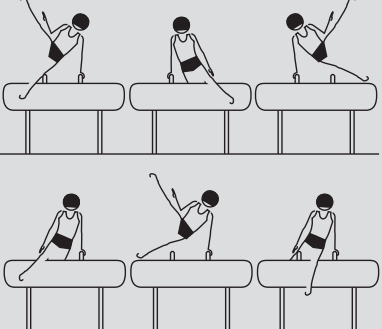
* No D-Jury deductions for additional circles; E-Jury deductions still apply

**Each missing cross support / side support circle will result in a deduction of 0.6 from the D-Score.

POMMEL HORSE – LEVEL 6

Two BONUS skills (page 1/2)

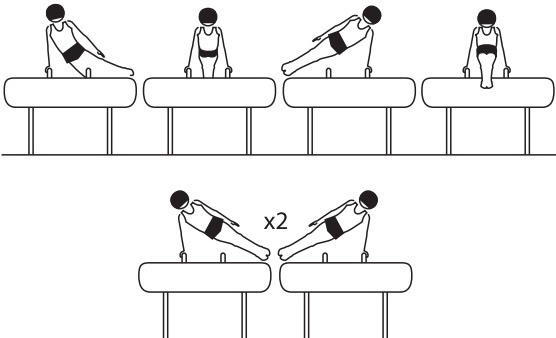
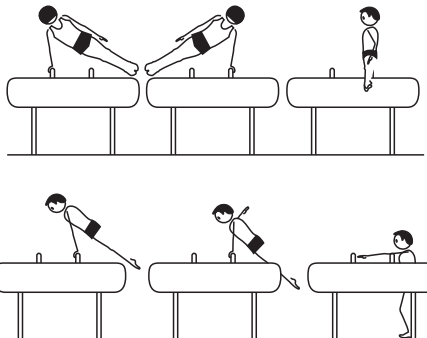
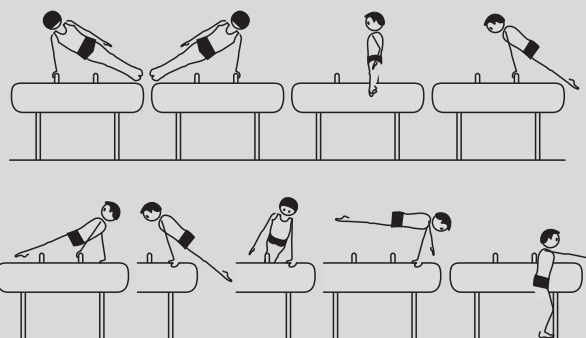
This routine is performed on a Pommel Horse with Handles

Item	Skill 1	Skill 2	Skill 3	Skill 3 - BONUS																																										
Skill Value	2.5	1.0	2.0	+ 0.5																																										
Required Skill	Loop x2*, Turn in to Pommels	Single Leg Swings	False Scissor, Stride Swing, False Scissor, Stride Swing	Scissor x2																																										
																																														
Technical Description	From either a standing or stepping approach, jump through a front support position in cross support and immediate cross support circle x2 (minimum). ¼ turn forwards to side support with 1 hand on the leather and 1 hand on the nearest pommel. Swing foremost leg in and over pommels and turn backwards to stride support on the pommels.	Swing back leg forwards to rear support then swing to the side and swing foremost leg backwards to stride support. Swing to the other side and swing front leg backwards to front support. Swing both legs to the side.	Swing the foremost leg forwards and false scissor to front support, lift leg over into stride swing forwards and backwards. Swing through front support to the other side. Swing the foremost leg forwards and false scissor to front support, lift leg over into stride swing forwards and backwards through front support and swing the foremost leg forwards into stride swing.	Swing the foremost leg forwards to stride support. Scissor swing forwards x2.																																										
Typical Deductions	<table border="0"> <tr><td>Lack of extension (per circle)</td><td style="text-align: right;">0.1</td></tr> <tr><td>Hip breaks (each time)</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>Lack of rhythm in transition</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>Hesitation</td><td style="text-align: right;">0.3</td></tr> <tr><td>Stop without sit/fall</td><td style="text-align: right;">0.5</td></tr> </table>	Lack of extension (per circle)	0.1	Hip breaks (each time)	0.1-0.3	Bent knees	0.1-0.5	Legs apart	0.1-0.5	Lack of rhythm in transition	0.1-0.3	Hesitation	0.3	Stop without sit/fall	0.5	<table border="0"> <tr><td>Lack of rhythm in swings</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>Lack of amplitude in swings</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Lack of flexibility in swings (Legs apart min 90°)</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>(deductions apply to each swing)</td><td></td></tr> </table>	Lack of rhythm in swings	0.1-0.3	Lack of amplitude in swings	0.1-0.5	Lack of flexibility in swings (Legs apart min 90°)	0.1-0.5	(deductions apply to each swing)		<table border="0"> <tr><td>Lack of rhythm in swings</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>Lack of amplitude in swings</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Lack of flexibility in swings (Legs apart min 90°)</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Lower hip not straight</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>(deductions apply to each swing)</td><td></td></tr> </table>	Lack of rhythm in swings	0.1-0.3	Lack of amplitude in swings	0.1-0.5	Lack of flexibility in swings (Legs apart min 90°)	0.1-0.5	Lower hip not straight	0.1-0.3	(deductions apply to each swing)		<table border="0"> <tr><td>Lack of rhythm in swings</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>Lack of amplitude in swings</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Lack of flexibility in swings (Legs apart min 90°)</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Lower hip not straight</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>(deductions apply to each swing)</td><td></td></tr> </table>	Lack of rhythm in swings	0.1-0.3	Lack of amplitude in swings	0.1-0.5	Lack of flexibility in swings (Legs apart min 90°)	0.1-0.5	Lower hip not straight	0.1-0.3	(deductions apply to each swing)	
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POMMEL HORSE – LEVEL 6

Level 6 Routine cont. (page 2/2)

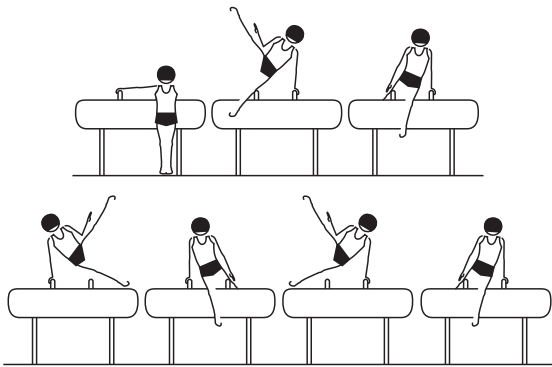
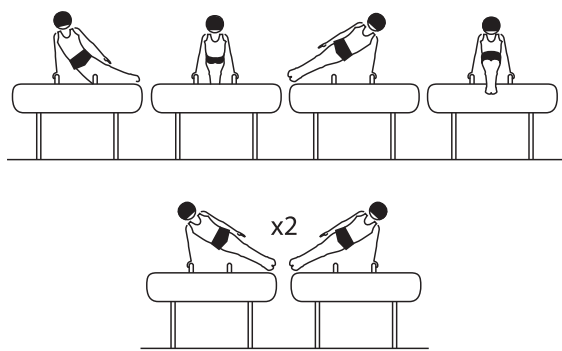
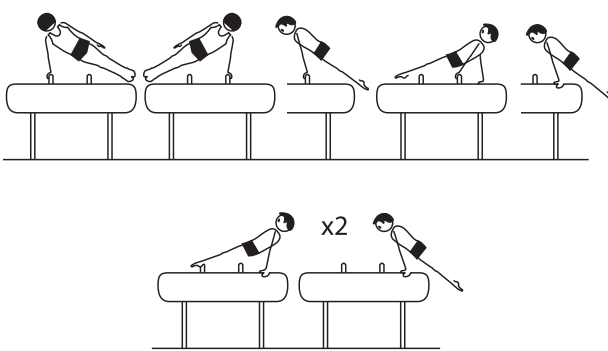
Item	Skill 4	Skill 5	Skill 5 – BONUS																																								
Skill Value	2.5	2.0	+ 0.5																																								
Required Skill	Pick-Up, DLC x2*	¼ Turn Backwards to Side Dismount	1/3 Travel Backwards, Wende Dismount																																								
																																											
Technical Description	Immediate pick-up circle to front support and side support circle x2 (minimum).	Side support circle with ¼ turn backwards to a front support position on 1-pommel in cross support. Push to the side and dismount to stand. NB: There is no height requirement for this dismount	Side support circle with ¼ turn backwards to a front support position on 1-pommel in cross support. 1/3 travel backwards to a front support position in cross support on the end of the horse and immediate wende dismount above horizontal to stand.																																								
Typical Deductions	<table border="0"> <tr><td>Lack of extension (per circle)</td><td style="text-align: right;">0.1</td></tr> <tr><td>Hip breaks (each time)</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> </table>	Lack of extension (per circle)	0.1	Hip breaks (each time)	0.1-0.3	Bent knees	0.1-0.5	Legs apart	0.1-0.5	Feet not pointed	0.1	<table border="0"> <tr><td>Lack of extension (per circle)</td><td style="text-align: right;">0.1</td></tr> <tr><td>Hip breaks (each time)</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>Angular deviation (skewing)</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Hand not on pommel in dismount</td><td style="text-align: right;">0.3</td></tr> </table>	Lack of extension (per circle)	0.1	Hip breaks (each time)	0.1-0.3	Bent knees	0.1-0.5	Legs apart	0.1-0.5	Feet not pointed	0.1	Angular deviation (skewing)	0.1-0.5	Hand not on pommel in dismount	0.3	<table border="0"> <tr><td>Lack of extension (per circle)</td><td style="text-align: right;">0.1</td></tr> <tr><td>Hip breaks (each time)</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>Angular deviation (skewing)</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Lack of rhythm in travel</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>Dismount not above horizontal</td><td style="text-align: right;">0.3</td></tr> </table>	Lack of extension (per circle)	0.1	Hip breaks (each time)	0.1-0.3	Bent knees	0.1-0.5	Legs apart	0.1-0.5	Feet not pointed	0.1	Angular deviation (skewing)	0.1-0.5	Lack of rhythm in travel	0.1-0.3	Dismount not above horizontal	0.3
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POMMEL HORSE – LEVEL 7 u/13: Routine 1

One BONUS skill (page 1/2)

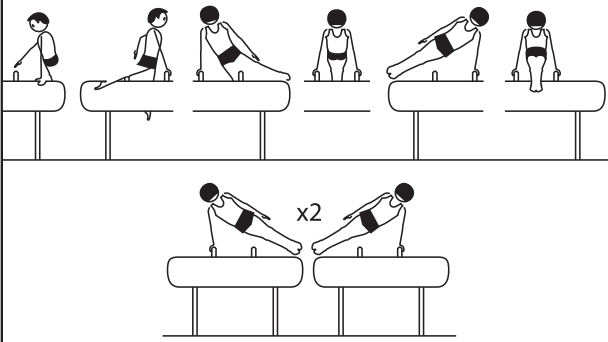
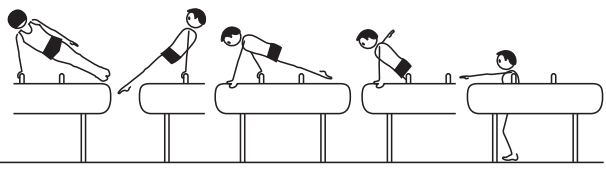
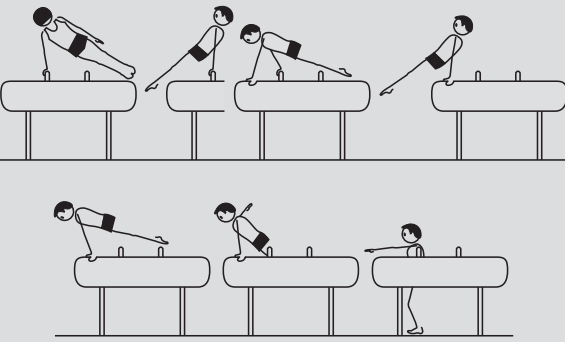
This routine is performed on a Pommel Horse with Handles

Item	Skill 1	Skill 2	Skill 3																																				
Skill Value	2.0	1.0	2.5																																				
Required Skill	Scissor Forwards x2	Pick-Up, DLC x2*	1/3 Travel Backwards, Loop x2*																																				
																																							
Technical Description	Jump up through support on two pommels and swing both legs to the side, swinging the foremost leg forwards to stride support. Scissor swing forwards x2.	Immediate pick-up circle to a front support position followed by side support circle x2 (minimum).	Side support circle with ¼ turn backwards to a front support position on 1-pommel in cross support and 1/3 travel backwards to a front support position in cross support on the end of the horse. Cross support circle x2 (minimum).																																				
Typical Deductions	<table style="width: 100%; border: none;"> <tr><td>Extra ½ swing on mount</td><td style="text-align: right;">0.3</td></tr> <tr><td>Lack of rhythm in swings</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>Lack of amplitude in swings</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Lack of flexibility in swings (90°)</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>(Legs apart min 90°)</td><td></td></tr> <tr><td>Lower hip not straight</td><td style="text-align: right;">0.1-0.3</td></tr> </table> <p style="text-align: center;">(deductions apply to each swing)</p>	Extra ½ swing on mount	0.3	Lack of rhythm in swings	0.1-0.3	Lack of amplitude in swings	0.1-0.5	Lack of flexibility in swings (90°)	0.1-0.5	(Legs apart min 90°)		Lower hip not straight	0.1-0.3	<table style="width: 100%; border: none;"> <tr><td>Lack of extension (per circle)</td><td style="text-align: right;">0.1</td></tr> <tr><td>Hip breaks (each time)</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> </table>	Lack of extension (per circle)	0.1	Hip breaks (each time)	0.1-0.3	Bent knees	0.1-0.5	Legs apart	0.1-0.5	Feet not pointed	0.1	<table style="width: 100%; border: none;"> <tr><td>Lack of extension (per circle)</td><td style="text-align: right;">0.1</td></tr> <tr><td>Hip breaks (each time)</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>Angular deviation (skewing)</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Lack of rhythm in travel</td><td style="text-align: right;">0.1-0.3</td></tr> </table>	Lack of extension (per circle)	0.1	Hip breaks (each time)	0.1-0.3	Bent knees	0.1-0.5	Legs apart	0.1-0.5	Feet not pointed	0.1	Angular deviation (skewing)	0.1-0.5	Lack of rhythm in travel	0.1-0.3
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* No D-Jury deductions for additional circles; E-Jury deductions still apply

POMMEL HORSE – LEVEL 7 u/13: Routine 1

Level 7 Routine 1 cont. (page 2/2)

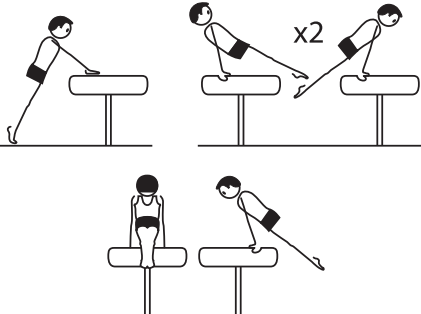
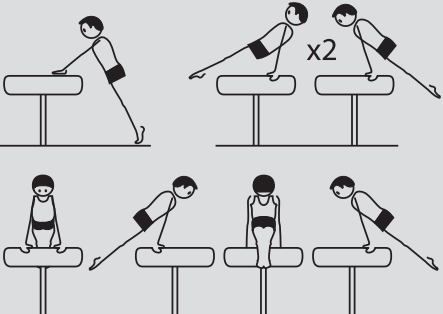
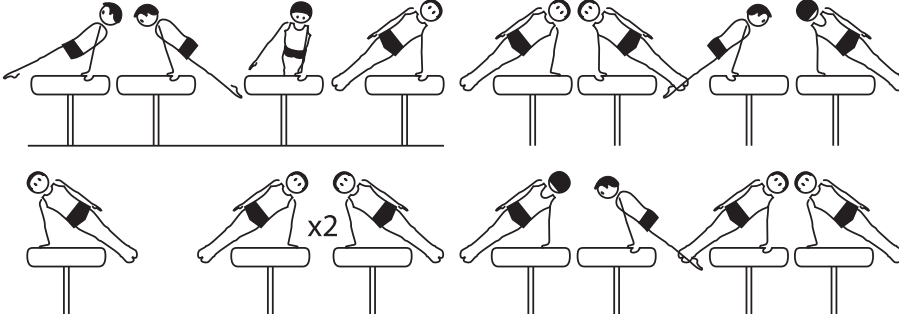
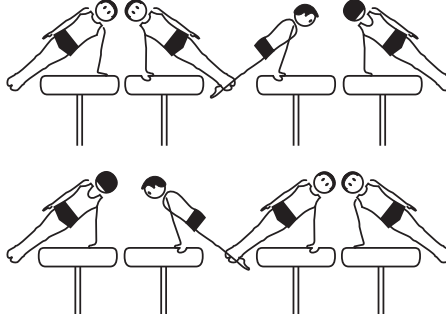
Item	Skill 4	Skill 5	Skill 5 – BONUS																																								
Skill Value	2.5	2.0	+ 1.0																																								
Required Skill	Turn in to Pommels, Pick-Up, DLC x2*	¼ Turn Forwards to Side Dismount	¼ Turn Forwards, Travel Forwards, Rear Loop x1*, Dismount to the Side																																								
																																											
Technical Description	¼ turn forwards to side support with 1 hand on the leather and 1 hand on the nearest pommel. Swing foremost leg in and over pommels and turn backwards to stride support on the pommels. Immediate pick-up circle to a front support position and side support circle x2 (minimum).	¼ turn forwards to a rear support position on 1-pommel in cross support. Circle legs around to a front support position stepping forwards with one hand onto the leather on the end of the horse and push to the side dismount to stand. NB: There is no height requirement for this dismount	¼ turn forwards to a rear support position on 1-pommel in cross support and travel forwards to a front support position in cross support facing outwards on the end of the horse. Cross support circle x1 (minimum) and push to the side dismount to stand. NB: There is no height requirement for this dismount																																								
Typical Deductions	<table style="width: 100%; border-collapse: collapse;"> <tr><td>Lack of rhythm in transition</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td>Hesitation before pick-up</td><td style="text-align: right;">0.3</td></tr> <tr><td>Stop without a sit/fall</td><td style="text-align: right;">0.5</td></tr> <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>Feet not pointed</td><td style="text-align: right;">0.1</td></tr> </table>	Lack of rhythm in transition	0.1-0.3	Hesitation before pick-up	0.3	Stop without a sit/fall	0.5	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	Feet not pointed	0.1	<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>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</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	Feet not pointed	0.1	Angular deviation (skewing)	0.1-0.5	<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;">0.1-0.3</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>Angular deviation (skewing)</td><td style="text-align: right;">0.1-0.5</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	Feet not pointed	0.1	Angular deviation (skewing)	0.1-0.5
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* No D-Jury deductions for additional circles; E-Jury deductions still apply

POMMEL HORSE – LEVEL 7 u/13: Routine 2

Two BONUS skills (page 1/2)

This routine is performed on a Buck

Item	Skill 1	Skill 1 – BONUS	Skill 2	Skill 3
Skill Value	2.0	+ 0.5	2.0	1.5
Required Skill	Loop x2*, 180° Wende	Loop x2*, 360° Wende	Loop x1*, ¼ Turn, DLC x2*	Czechkehre x2
				
Technical Description	From a standing position jump or swing into cross support circle x2 (minimum). 180° Russian wendeswing to a front support position.	From a standing position jump or swing into cross support circle x2 (minimum). 360° Russian wendeswing to a front support position.	Cross support circle x1 (minimum). ¼ turn forwards to a front support position in side support. Side support circle x2 (minimum).	Czechkehre and immediate second Czechkehre to a front support position.
Typical Deductions	Lack of extension (per circle) 0.1 Hip breaks 0.1-0.3 Bent knees 0.1-0.5 Feet not pointed 0.1 Angular deviation (skewing) 0.1-0.5	Lack of extension (per circle) 0.1 Hip breaks 0.1-0.3 Bent knees 0.1-0.5 Feet not pointed 0.1 Angular deviation (skewing) 0.1-0.5	Lack of extension (per circle) 0.1 Hip breaks 0.1-0.3 Bent knees 0.1-0.5 Feet not pointed 0.1 Angular deviation (skewing) 0.1-0.5 Incorrect hand placement in turn 0.1-0.3	Lack of extension (per circle) 0.1 Hip breaks 0.1-0.3 Bent knees 0.1-0.5 Feet not pointed 0.1 Angular deviation (skewing) 0.1-0.5 Incorrect hand placement in turn 0.1-0.3 Additional DLC between Czechkehre (per circle) 0.5

* No D-Jury deductions for additional circles; E-Jury deductions still apply

POMMEL HORSE – LEVEL 7 u/13: Routine 2

Level 7 cont. (page 2/2)

Item	Skill 4	Skill 4 – BONUS	Skill 5																																								
Skill Value	1.5	+ 0.5	3.0																																								
Required Skill	DLC x2*, DSA	DLC x2*, DSA, DSA	DLC x2*, ¼ Turn to Wende Dismount																																								
Technical Description	Side support circle x2 (minimum), Direct Stockli A to a front support position.	Side support circle x2 (minimum), Direct Stockli A to a front support position followed by immediate second Direct Stockli A to a front support position.	Side support circle x2 (minimum) and ¼ turn backwards to immediate wende dismount to 15° above horizontal to stand.																																								
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* No D-Jury deductions for additional circles; E-Jury deductions still apply

POMMEL HORSE – LEVEL 7 u/13: Routine 2

Two BONUS skills (page 1/2)

This routine is performed on a Buck

Item	Skill 1	Skill 1 – BONUS	Skill 2	Skill 3
Skill Value	2.0	+ 0.5	2.0	1.5
Required Skill	Loop x2*, 180° Wende	Loop x2*, 360° Wende	Loop x1*, ¼ Turn, DLC x2*	Czechkehre x2
Technical Description	From a standing position jump or swing into cross support circle x2 (minimum). 180° Russian wendeswing to a front support position.	From a standing position jump or swing into cross support circle x2 (minimum). 360° Russian wendeswing to a front support position.	Cross support circle x1 (minimum). ¼ turn forwards to a front support position in side support. Side support circle x2 (minimum).	Czechkehre and immediate second Czechkehre to a front support position.
Typical Deductions	Lack of extension (per circle) 0.1 Hip breaks 0.1-0.3 Bent knees 0.1-0.5 Feet not pointed 0.1 Angular deviation (skewing) 0.1-0.5	Lack of extension (per circle) 0.1 Hip breaks 0.1-0.3 Bent knees 0.1-0.5 Feet not pointed 0.1 Angular deviation (skewing) 0.1-0.5	Lack of extension (per circle) 0.1 Hip breaks 0.1-0.3 Bent knees 0.1-0.5 Feet not pointed 0.1 Angular deviation (skewing) 0.1-0.5 Incorrect hand placement in turn 0.1-0.3	Lack of extension (per circle) 0.1 Hip breaks 0.1-0.3 Bent knees 0.1-0.5 Feet not pointed 0.1 Angular deviation (skewing) 0.1-0.5 Incorrect hand placement in turn 0.1-0.3 Additional DLC between Czechkehre (per circle) 0.5

* No D-Jury deductions for additional circles; E-Jury deductions still apply

POMMEL HORSE – LEVEL 7 u/13: Routine 2

Level 7 cont. (page 2/2)

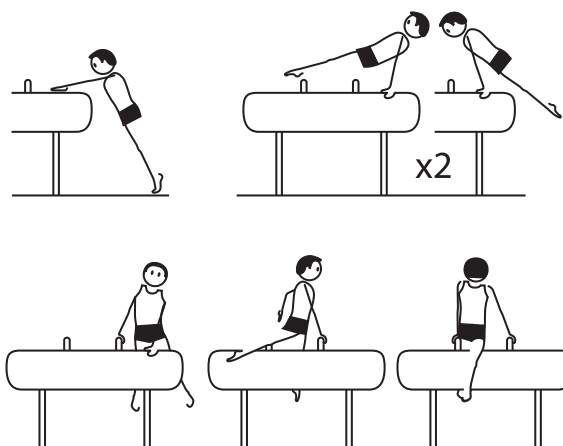
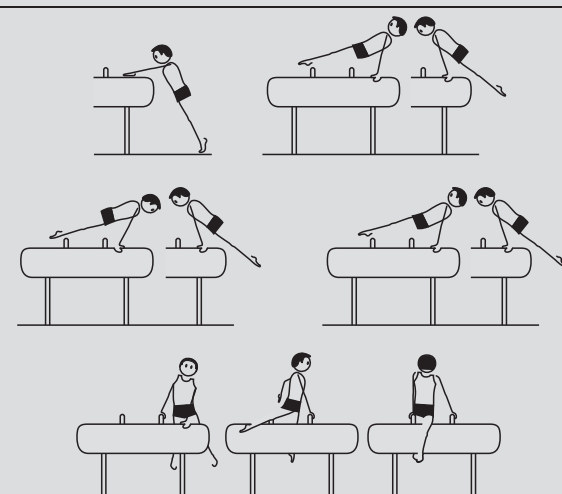
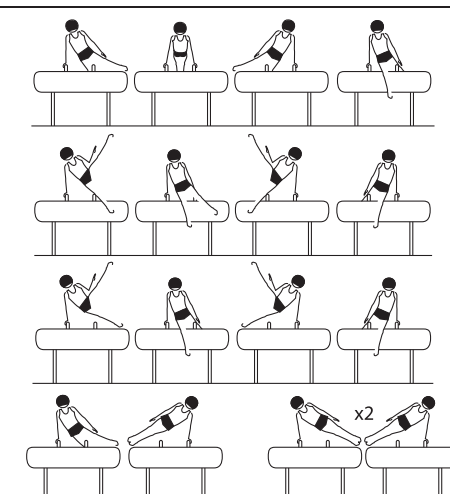
Item	Skill 4	Skill 4 – BONUS	Skill 5																																								
Skill Value	1.5	+ 0.5	3.0																																								
Required Skill	DLC x2*, DSA	DLC x2*, DSA, DSA	DLC x2*, ¼ Turn to Wende Dismount																																								
Technical Description	Side support circle x2 (minimum), Direct Stockli A to a front support position.	Side support circle x2 (minimum), Direct Stockli A to a front support position followed by immediate second Direct Stockli A to a front support position.	Side support circle x2 (minimum) and ¼ turn backwards to immediate wende dismount to 15° above horizontal to stand.																																								
Typical Deductions	<table border="0"> <tr><td>Lack of extension (per circle)</td><td>0.1</td></tr> <tr><td>Hip breaks</td><td>0.1-0.3</td></tr> <tr><td>Bent knees</td><td>0.1-0.5</td></tr> <tr><td>Feet not pointed</td><td>0.1</td></tr> <tr><td>Incomplete turn</td><td>0.1-0.5</td></tr> <tr><td>Incorrect hand placement in turn</td><td>0.1-0.3</td></tr> <tr><td>Using legs to assist support in turn</td><td>0.3</td></tr> </table>	Lack of extension (per circle)	0.1	Hip breaks	0.1-0.3	Bent knees	0.1-0.5	Feet not pointed	0.1	Incomplete turn	0.1-0.5	Incorrect hand placement in turn	0.1-0.3	Using legs to assist support in turn	0.3	<table border="0"> <tr><td>Lack of extension (per circle)</td><td>0.1</td></tr> <tr><td>Hip breaks</td><td>0.1-0.3</td></tr> <tr><td>Bent knees</td><td>0.1-0.5</td></tr> <tr><td>Feet not pointed</td><td>0.1</td></tr> <tr><td>Incomplete turn</td><td>0.1-0.5</td></tr> <tr><td>Incorrect hand placement in turn</td><td>0.1-0.3</td></tr> <tr><td>Additional DLC between DSA (per circle)</td><td>0.5</td></tr> </table>	Lack of extension (per circle)	0.1	Hip breaks	0.1-0.3	Bent knees	0.1-0.5	Feet not pointed	0.1	Incomplete turn	0.1-0.5	Incorrect hand placement in turn	0.1-0.3	Additional DLC between DSA (per circle)	0.5	<table border="0"> <tr><td>Lack of extension (per circle)</td><td>0.1</td></tr> <tr><td>Hip breaks</td><td>0.1-0.3</td></tr> <tr><td>Bent knees</td><td>0.1-0.5</td></tr> <tr><td>Feet not pointed</td><td>0.1</td></tr> <tr><td>Incorrect hand placement in turn</td><td>0.1-0.3</td></tr> <tr><td>Dismount < 15° above horizontal (above the shoulders)</td><td>0.3</td></tr> </table>	Lack of extension (per circle)	0.1	Hip breaks	0.1-0.3	Bent knees	0.1-0.5	Feet not pointed	0.1	Incorrect hand placement in turn	0.1-0.3	Dismount < 15° above horizontal (above the shoulders)	0.3
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* No D-Jury deductions for additional circles; E-Jury deductions still apply

POMMEL HORSE – LEVEL 8 u/14: Routine 1

Three BONUS skills (page 1/3)

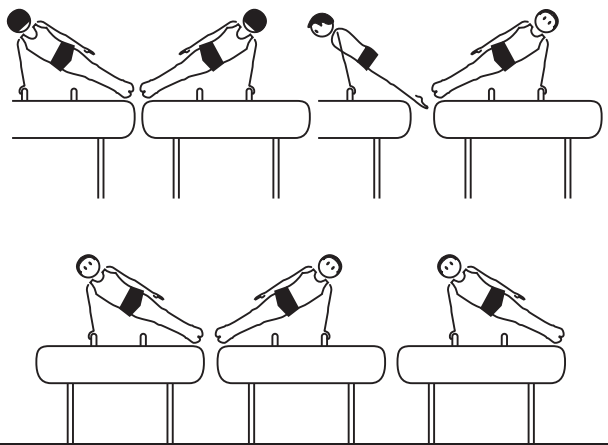
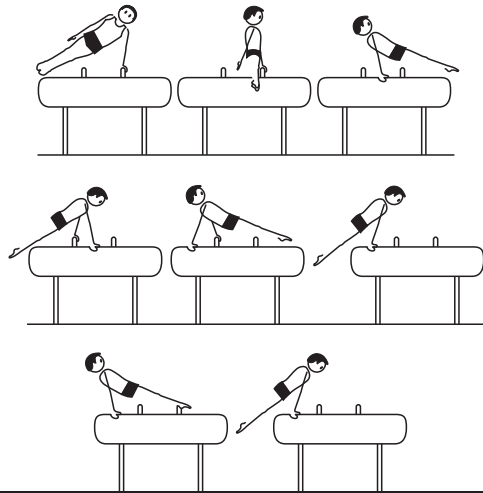
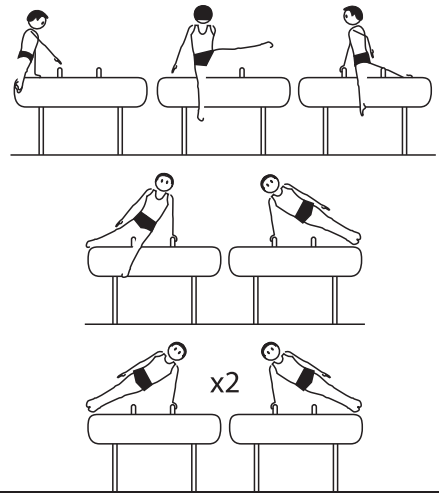
This routine is performed on a Pommel Horse with Handles

Item	Skill 1	Skill 1 – BONUS	Skill 2
Skill Value	1.5	+ 0.5	1.5
Required Skill	Loop x2*, Turn In	Loop x1*, 360° Wende, Loop x1*, Turn In	Scissor Forwards x2, Pick-Up, DLC x2*
			
Technical Description	Jump or swing into cross support circle on the end of the horse x2 (minimum). ¼ turn forwards to side support with 1 hand on the leather and 1 hand on the nearest pommel. Swing foremost leg in and over pommels and turn backwards to stride support on the pommels.	Jump or swing into cross support circle on the end of the horse x1 (minimum) and 360° Russian wendeswing to front support. Cross support circle x1 (minimum) and ¼ turn forwards to side support with 1 hand on the leather and 1 hand on the nearest pommel. Swing foremost leg in and over pommels and turn backwards to stride support on the pommels.	Swing back leg forwards to rear support then swing to the side and swing foremost leg backwards to stride support. Swing to the other side and swing front leg backwards to front support. Swing both legs to the side, swinging the foremost leg in and over the pommel to stride support. Scissor swing forwards x2. Immediate pick-up circle to a front support position followed by side support circle x2 (minimum).
Typical Deductions	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points

* No D-Jury deductions for additional circles; E-Jury deductions still apply

POMMEL HORSE – LEVEL 8 u/14: Routine 1

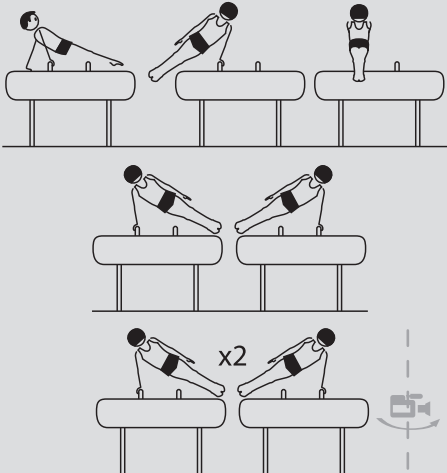
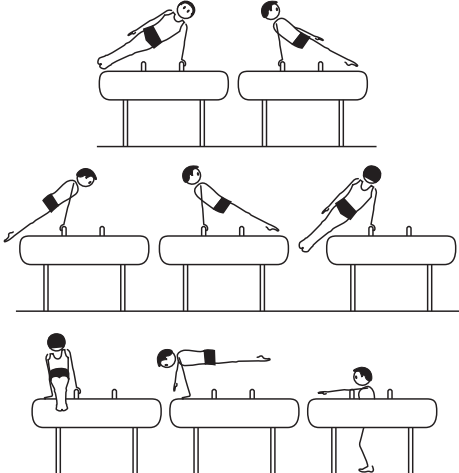
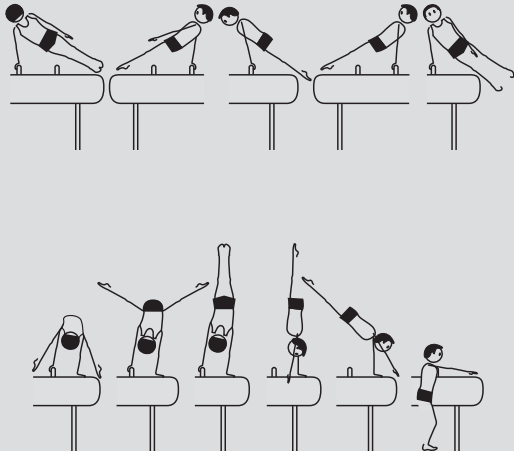
Level 8 Routine 1 cont. (page 2/3)

Item	Skill 3	Skill 4	Skill 5
Skill Value	2.0	2.0	1.5
Required Skill	Czechkehre, DLC x1*	Half-Sivado, Loop x1*	Turn in to Pommels, Pick-Up, DLC x2*
			
Technical Description	Czechkehre on pommels to a front support position and side support circle x1 (minimum).	Circle legs forwards with ¼ turn forwards through rear support placing hand between the pommels and 2/3 travel backwards to a front support position in cross support on the end of the horse. Cross support circle x1 (minimum).	¼ turn forwards to side support with 1 hand on the leather and 1 hand on the nearest pommel. Swing foremost leg in and over pommels and turn backwards to stride support on the pommels. Immediate pick-up to a front support position and side support circle x2 (minimum).
Typical Deductions	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points

* No D-Jury deductions for additional circles; E-Jury deductions still apply

POMMEL HORSE – LEVEL 8 u/14: Routine 1

Level 8 Routine 1 cont. (page 3/3)

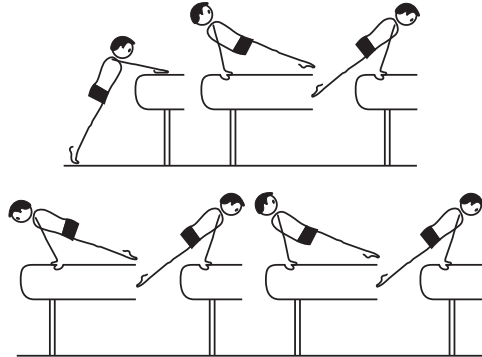
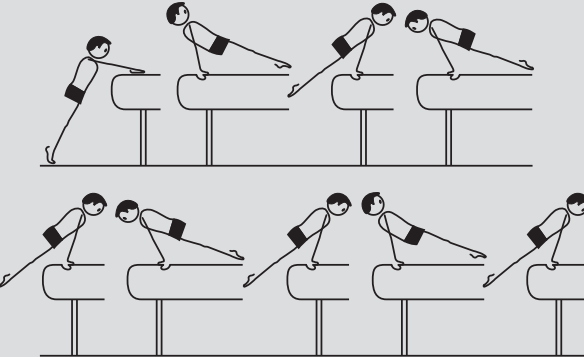
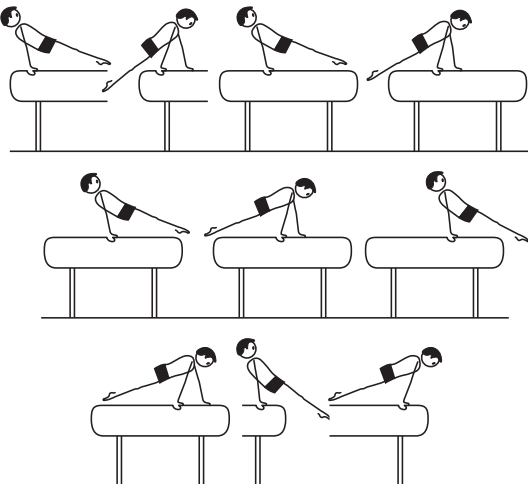
Item	Skill 5 – BONUS	Skill 6	Skill 6 – BONUS
Skill Value	+ 0.5	1.5	+ 0.5
Required Skill	Stockli-In, DLC x2*	Circle on 1-Pommel to Wende Dismount	Circle on 1-Pommel through to Handstand Dismount
			
Technical Description	Step up and forwards onto 1 pommel with ¼ turn forwards through to a front support position and ½ side support circle to a rear support position on 2 pommels. ½ side support circle to a front support position and continue with side support circle x2 (minimum).	Circle legs forwards and ¼ turn backwards to a front support position in cross support on 1-pommel. Circle legs forwards and ¼ turn backwards to side support with 1 hand on the leather and 1 hand on the pommel. Immediate wende dismount over the horse to stand.	Circle legs forwards and ¼ backwards to a front support position in cross support on 1-pommel. Circle legs forwards and ¼ turn backwards to side support with 1 hand on the leather and 1 hand on the pommel with immediate swing to handstand and dismount over the horse.
Typical Deductions	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points

* No D-Jury deductions for additional circles; E-Jury deductions still apply

POMMEL HORSE – LEVEL 8 u/14: Routine 2

Three BONUS skills (page 1/2)

This routine is performed on a Pommel Horse without Handles

Item	Skill 1	Skill 1 – BONUS	Skill 2																														
Skill Value	2.0	+ 1.0	3.0																														
Required Skill	Loop x1*, 360° Wende, Loop x1*	Loop x1*, 720° Wende, Loop x1*	Magyar																														
																																	
Technical Description	From either a standing or stepping approach, jump through a front support position in cross support and immediate cross support circle x1 (minimum). 360° Russian wendeswing and cross support circle x1 (minimum) out.	From either a standing or stepping approach, jump through a front support position in cross support and immediate cross support circle x1 (minimum). 720° Russian wendeswing and cross support circle x1 (minimum) out.	3/3 Magyar travel forwards**.																														
Typical Deductions	<table style="width: 100%; border: none;"> <tr> <td style="width: 60%;">Lack of extension (per circle)</td> <td style="width: 40%; 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>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> </table>	Lack of extension (per circle)	0.1	Hip breaks	0.1-0.3	Bent knees	0.1-0.5	Angular deviation (skewing) (per circle)	0.1-0.5	Feet not pointed	0.1	<table style="width: 100%; border: none;"> <tr> <td style="width: 60%;">Lack of extension (per circle)</td> <td style="width: 40%; 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>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> </table>	Lack of extension (per circle)	0.1	Hip breaks	0.1-0.3	Bent knees	0.1-0.5	Angular deviation (skewing) (per circle)	0.1-0.5	Feet not pointed	0.1	<table style="width: 100%; border: none;"> <tr> <td style="width: 60%;">Lack of extension (per circle)</td> <td style="width: 40%; 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>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> </table>	Lack of extension (per circle)	0.1	Hip breaks	0.1-0.3	Bent knees	0.1-0.5	Angular deviation (skewing) (per circle)	0.1-0.5	Feet not pointed	0.1
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Feet not pointed	0.1																																

* No D-Jury deductions for additional circles; E-Jury deductions still apply

** Travels are considered finished in front support with both hands in the end zone of the horse

POMMEL HORSE – LEVEL 8 u/14: Routine 2

Level 8 cont. (page 2/2)

Item	Skill 3	Skill 4	Skill 5																																
Skill Value	1.0	3.0	1.0																																
Required Skill	Rear Loop x2*	Sivado	Loop x1*, Wende Dismount																																
Technical Description	Cross support circle facing outwards x2 (minimum).	3/3 Sivado travel backwards**.	Cross support circle x1 (minimum) and wende dismount 30° 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>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> </table>	Lack of extension (per circle)	0.1	Hip breaks	0.1-0.3	Bent knees	0.1-0.5	Angular deviation (skewing) (per circle)	0.1-0.5	Feet not pointed	0.1	<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>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> </table>	Lack of extension (per circle)	0.1	Hip breaks	0.1-0.3	Bent knees	0.1-0.5	Angular deviation (skewing) (per circle)	0.1-0.5	Feet not pointed	0.1	<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>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>Dismount < 30° above horizontal (above the shoulders)</td><td style="text-align: right;">0.3</td></tr> </table>	Lack of extension (per circle)	0.1	Hip breaks	0.1-0.3	Bent knees	0.1-0.5	Angular deviation (skewing) (per circle)	0.1-0.5	Feet not pointed	0.1	Dismount < 30° above horizontal (above the shoulders)	0.3
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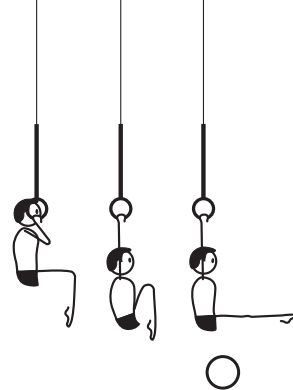
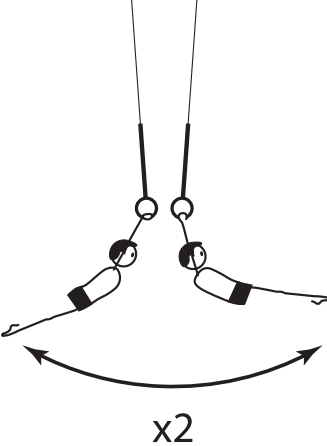
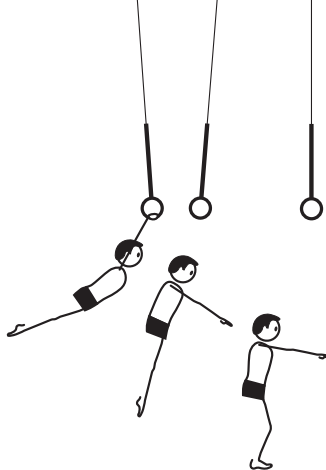
* No D-Jury deductions for additional circles; E-Jury deductions still apply

** Travels are considered finished in front support with both hands in the end zone of the horse



Gymnastics Australia
Men's Australian Levels Program
NATIONAL COMPETITION CURRICULUM
Rings

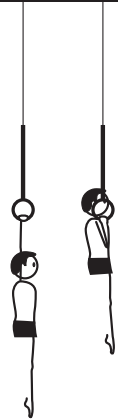
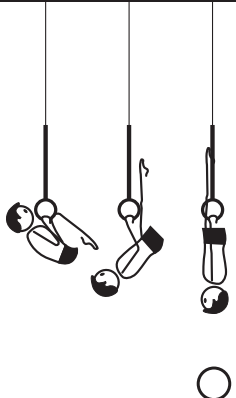
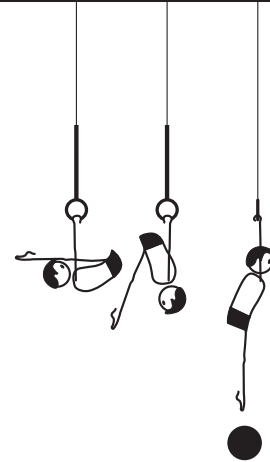
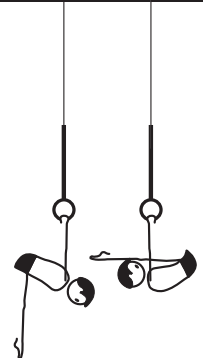
RINGS – LEVEL 1

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	Chin-Up	Tucked Chin-Up (2 Sec)	L-Hang	Long Swing x2	Dismount
					
Technical Description	From a still hang with straight arms, lift to momentary chin-up position.	Bend and lift legs into a tucked chin-up position (hold 2 seconds).	Lower to tuck hang, straighten legs out to momentary L-hang.	Beat backwards into long swing backwards and forwards x2.	On the 3 rd swing backwards, dismount to stand.
Typical Deductions	Legs apart on lift 0.3 Bent arms in hang 0.1-0.5 Lack of rhythm 0.1-0.3 Swing action 0.1-0.5 Momentary chin-up not shown 0.3 Chin not ring height 0.1-0.5	Chin not ring height 0.1-0.5 Poor tuck position (min 90° bend at hips and knees) 0.1-0.5 Feet not pointed 0.1 Hold < 2 seconds 0.3 No hold 0.5	Full hang not reached before L-hang 0.3 Momentary L-hang not shown 0.3 Legs not horizontal 0.1-0.5 Bent knees 0.1-0.5 Bent arms 0.1-0.5 Closed shoulders 0.1-0.5 Feet not pointed 0.1	Front/Back Swings: Hips < 45° (from lower vertical) 0.1-0.5 Bent knees 0.1-0.5 Bent hips 0.1-0.5 Feet apart 0.1-0.5	Hips < 45° (from lower vertical) 0.1-0.5 Bent knees 0.1-0.5 Feet apart 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

RINGS – LEVEL 2

(page 1/2)

Item	Skill 1	Skill 2	Skill 3	Skill 4
Skill Value	1.0	1.0	2.0	1.0
Required Skill	Chin-Up	Inverted Hang	Basket, Dorsal Hang (2 Sec)	Lift to Basket
				
Technical Description	From a still hang with straight arms, lift to chin-up position.	Tuck legs and roll backwards to inverted position. Immediately straighten legs and open hips to momentary inverted hang.	Lower through basket and slowly roll to dorsal hang (hold 2 seconds).	Lift with bent-body to basket.
Typical Deductions	Legs apart on lift 0.3 Bent arms in hang 0.1-0.5 Lack of rhythm 0.1-0.3 Swing action 0.1-0.5 Chin not ring height 0.1-0.5	Poor tuck position 0.1-0.5 (min 90° bend at hips and knees) Lack of rhythm 0.1-0.3 Momentary inverted hang not shown 0.3 Body not straight 0.1-0.5 Body not vertical 0.1-0.5 Feet not pointed 0.1	Lack of shoulder flexibility 0.1-0.5 Bent hips 0.1-0.5 Feet not pointed 0.1 Lack of rhythm 0.1-0.3 Hold < 2 seconds 0.3 No hold 0.5	Bent knees 0.1-0.5 Legs not horizontal 0.1-0.5 Lack of flexibility 0.1-0.3 Feet not pointed 0.1 Lack of rhythm 0.1-0.3

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

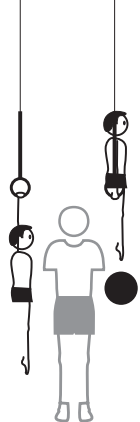


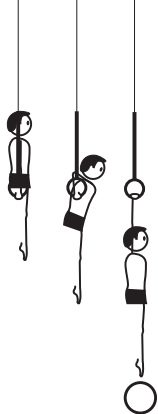
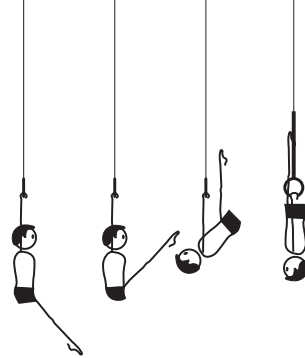
RINGS – LEVEL 2

Level 2 cont. (page 2/2)

Item	Skill 5	Skill 6	Skill 7																																				
Skill Value	1.0	3.0	1.0																																				
Required Skill	L-Hang (2 Sec)	Long Swing x3	Dismount																																				
Technical Description	From basket, lower slowly to L-hang (hold 2 seconds).	Beat backwards into long swing backwards and forwards x3.	On the 4 th swing backwards, dismount to stand.																																				
Typical Deductions	<table border="0"> <tr><td>Legs not horizontal</td><td>0.1-0.5</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>Closed shoulders</td><td>0.1-0.5</td></tr> <tr><td>Lack of rhythm</td><td>0.1-0.3</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>	Legs not horizontal	0.1-0.5	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Closed shoulders	0.1-0.5	Lack of rhythm	0.1-0.3	Feet not pointed	0.1	Hold < 2 seconds	0.3	No hold	0.5	<table border="0"> <tr><td>Front/Back Swings:</td><td></td></tr> <tr><td>Hips < 45° (from lower vertical)</td><td>0.1-0.5</td></tr> <tr><td>Bent knees</td><td>0.1-0.5</td></tr> <tr><td>Bent hips</td><td>0.1-0.5</td></tr> <tr><td>Feet apart</td><td>0.1-0.5</td></tr> </table>	Front/Back Swings:		Hips < 45° (from lower vertical)	0.1-0.5	Bent knees	0.1-0.5	Bent hips	0.1-0.5	Feet apart	0.1-0.5	<table border="0"> <tr><td>Hips < 45° (from lower vertical)</td><td>0.1-0.5</td></tr> <tr><td>Bent knees</td><td>0.1-0.5</td></tr> <tr><td>Feet apart</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>	Hips < 45° (from lower vertical)	0.1-0.5	Bent knees	0.1-0.5	Feet apart	0.1-0.5	Steps / uncontrolled landing	0.1-0.3	Fall	1.0
Legs not horizontal	0.1-0.5																																						
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Steps / uncontrolled landing	0.1-0.3																																						
Fall	1.0																																						

RINGS – LEVEL 3

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

Item	Skill 1	Skill 2	Skill 2 – BONUS	Skill 3	Skill 4
Skill Value	1.0	1.0	+ 0.5	1.5	1.0
Required Skill	Support (2 Sec)	Tucked Support (2 Sec)	L-Sit (2 Sec)	Lower to Hang	Inverted Hang
					
Technical Description	From a still hang with straight arms, coach lifts gymnast through muscle-up action to support (hold 2 seconds). <i>NB: Judging commences from support</i>	Bend and lift legs to tucked support (hold 2 seconds).	Lift legs to L-sit (hold 2 seconds).	Lower legs to support and slowly lower through a muscle-up (negative muscle-up) to momentary hang.	Lift with straight-arms and bent-body to inverted hang.
Typical Deductions	Bent arms in support 0.1-0.5 Rings not straight 0.1-0.5 Arms touching cables 0.3 Hold < 2 seconds 0.3 No hold 0.5 <i>Lift to hang with legs apart deduction still applies.</i> 0.3	Bent arms in support 0.1-0.5 Rings not straight 0.1-0.5 Arms touching cables 0.3 Poor tuck position (min 90° bend at hips and knees) 0.1-0.5 Feet not pointed 0.1 Hold < 2 seconds 0.3 No hold 0.5	Bent arms in support 0.1-0.5 Rings not straight 0.1-0.5 Arms touching cables 0.3 Legs not horizontal 0.1-0.5 Bent knees 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 Bent hips 0.1-0.5 Momentary hang not shown 0.3 Bent arms in hang 0.1-0.5	Bent knees 0.1-0.5 Bent arms 0.1-0.5 Body not straight in inverted hang 0.1-0.5 Body < vertical (1°-15°/16°-30°/>30°) 0.1-0.5

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

RINGS – LEVEL 3

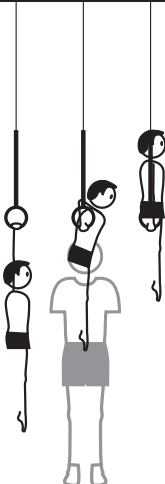
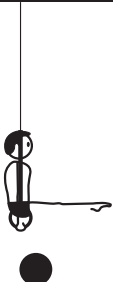
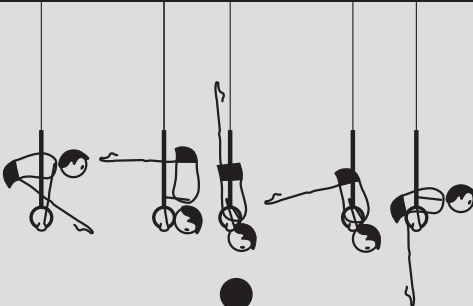
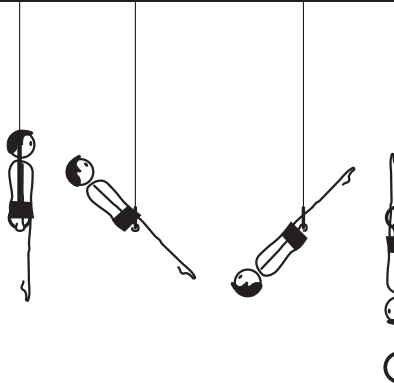
Level 3 cont. (page 2/2)

Item	Skill 5	Skill 6	Skill 7	Skill 8
Skill Value	1.0	1.0	2.0	1.5
Required Skill	Dorsal Hang (2 Sec)	Basket	Long Swing x2	Dismount
Technical Description	Slowly lower through basket to dorsal hang (hold 2 seconds).	Lift with bent-body to momentary basket position.	Immediate cast into long swing backwards to horizontal (hips to shoulder height) and forwards to horizontal x2.	On the 3 rd swing backwards, dismount to stand.
Typical Deductions	Lake of shoulder flexibility 0.1-0.5 Bent hips 0.1-0.5 Lack of rhythm 0.1-0.3 Feet not pointed 0.1 Hold < 2 seconds 0.3 No hold 0.5	Lack of rhythm 0.1-0.3 Bent knees 0.1-0.5 Legs not horizontal 0.1-0.5 Lack of flexibility 0.1-0.3 Feet not pointed 0.1 Momentary basket position not shown 0.3	Front/Back Swings: Hips below shoulders 0.1-0.5 (1°-15°/16°-30°/>30°) Bent knees 0.1-0.5 Bent hips 0.1-0.5 Feet apart 0.1-0.5 Rings not turned out on backward swing 0.1-0.3	Bent knees 0.1-0.5 Legs apart 0.1-0.5 Hips below shoulders 0.1-0.5 (1°-15°/16°-30°/>30°) 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

RINGS – LEVEL 4

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

Item	Skill 1	Skill 2 – BONUS	Skill 3 – Bonus Skill	Skill 4																																																
Skill Value	1.5	1.0	+ 0.5	1.0																																																
Required Skill	Muscle-Up (Coach Assisted)	L-Sit (2sec)	Press to Bent-Arm Handstand (2 Sec)	Roll to Inverted Hang																																																
																																																				
Technical Description	From a still hang with straight arms, muscle-up to support with coach assistance.	Lift to L-sit (hold 2 seconds).	Bent-arm/bent-body press to shoulder stand (hold 2 seconds).	Push through support and roll backwards slowly with control to momentary inverted hang.																																																
Typical Deductions	<table border="0"> <tr><td>Legs apart in lift</td><td>0.3</td></tr> <tr><td>Bent arms in hang</td><td>0.1-0.5</td></tr> <tr><td>Bent hips</td><td>0.1-0.5</td></tr> <tr><td>Lack of rhythm</td><td>0.1-0.3</td></tr> <tr><td>Swing action</td><td>0.1-0.5</td></tr> <tr><td>Arms bent in support</td><td>0.1-0.5</td></tr> </table>	Legs apart in lift	0.3	Bent arms in hang	0.1-0.5	Bent hips	0.1-0.5	Lack of rhythm	0.1-0.3	Swing action	0.1-0.5	Arms bent in support	0.1-0.5	<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>Rings not straight</td><td>0.1-0.5</td></tr> <tr><td>Arms touching cables</td><td>0.3</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	Rings not straight	0.1-0.5	Arms touching cables	0.3	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>Arms touching cables</td><td>0.3</td></tr> <tr><td>Lack of rhythm</td><td>0.1-0.3</td></tr> <tr><td>Body > 15° from vertical (16°-30°/31°-45°/>45°)</td><td>0.1-0.5</td></tr> <tr><td>Body not straight</td><td>0.1-0.5</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>Fall from shoulder stand</td><td>1.0</td></tr> </table>	Arms touching cables	0.3	Lack of rhythm	0.1-0.3	Body > 15° from vertical (16°-30°/31°-45°/>45°)	0.1-0.5	Body not straight	0.1-0.5	Hold < 2 seconds	0.3	No hold	0.5	Fall from shoulder stand	1.0	<table border="0"> <tr><td>Lack of control / rhythm</td><td>0.1-0.3</td></tr> <tr><td>Bent knees</td><td>0.1-0.5</td></tr> <tr><td>Momentary inverted hang not shown</td><td>0.3</td></tr> </table>	Lack of control / rhythm	0.1-0.3	Bent knees	0.1-0.5	Momentary inverted hang not shown	0.3
Legs apart in lift	0.3																																																			
Bent arms in hang	0.1-0.5																																																			
Bent hips	0.1-0.5																																																			
Lack of rhythm	0.1-0.3																																																			
Swing action	0.1-0.5																																																			
Arms bent in support	0.1-0.5																																																			
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Legs not horizontal	0.1-0.5																																																			
Feet not pointed	0.1																																																			
Hold < 2 seconds	0.3																																																			
No hold	0.5																																																			
Arms touching cables	0.3																																																			
Lack of rhythm	0.1-0.3																																																			
Body > 15° from vertical (16°-30°/31°-45°/>45°)	0.1-0.5																																																			
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Bent knees	0.1-0.5																																																			
Momentary inverted hang not shown	0.3																																																			

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

RINGS – LEVEL 4

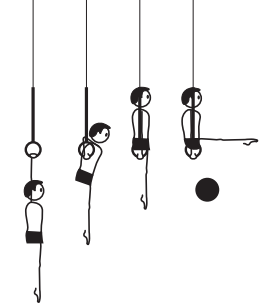
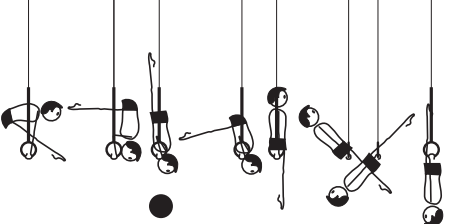
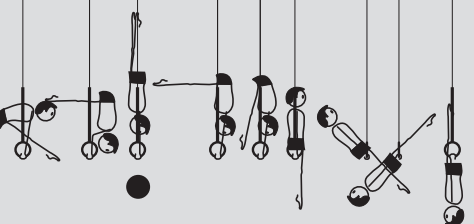
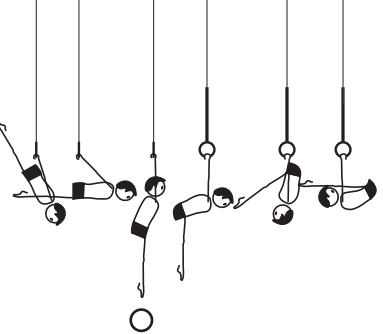
Level 4 cont. (page 2/2)

Item	Skill 5	Skill 6	Skill 7	Skill 8
Skill Value	1.0	0.5	3.0	2.0
Required Skill	Dorsal Hang	Basket	Long Swing x3	Salto Backwards Stretched Dismount
Technical Description	Slowly lower through basket to momentary dorsal hang.	Lift with bent-body to momentary basket position.	Cast into swing backwards to horizontal (hips to shoulder height) and swing forwards to horizontal x3.	On the 3 rd swing forwards, swing through to salto backwards stretched dismount to stand.
Typical Deductions	Momentary dorsal hang not shown 0.3 Lack of shoulder flexibility 0.1-0.5 Bent hips 0.1-0.5 Feet not pointed 0.1	Momentary basket position not shown 0.3 Bent knees 0.1-0.5 Legs not horizontal 0.1-0.5 Lack of flexibility 0.1-0.5 Feet not pointed 0.1	Front/Back Swings: Hips below shoulders (1°-15°/16°-30°/>30°) 0.1-0.5 Bent knees 0.1-0.5 Bent hips 0.1-0.5 Feet apart 0.1-0.5 Rings not turned out on backward swing 0.1-0.3	Lack of height (hips < ring height) 0.1-0.3 Poor body position 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

RINGS – LEVEL 5

One BONUS skills (page 1/2)

Item	Skill 1	Skill 2	Skill 2 – BONUS	Skill 3
Skill Value	2.5	2.0	+ 1.0	1.0
Required Skill	Muscle-Up, L-Sit (2 sec)	Press to Bent-Arm Handstand (2 sec)	Press to Handstand (2 sec)	Lower through Back Lever
				
Technical Description	From a still hang with straight arms, muscle-up to support. Lift to L-sit (hold 2 seconds).	Bent-arm/bent-body press to shoulder stand (hold 2 seconds). Push through straight-arm support and roll backwards with control to inverted hang. <i>Slight bending of arms allowed in roll backwards</i>	Bent-arm/bent-body press to handstand with feet resting on the cables (hold 2 seconds). Lower slowly through support and roll backwards with control to inverted hang. <i>Slight bending of arms allowed in roll backwards</i>	Lower slowly through straddled hanging scale rearways (no stop required) to momentary dorsal hang. Lift with bent-body to basket.
Typical Deductions	Legs apart in lift 0.3 Bent arms in hang 0.1-0.5 Bent hips 0.1-0.5 Lack of rhythm 0.1-0.3 Swing action 0.1-0.5 Bent arms in support 0.1-0.5 Rings not straight 0.1-0.5 Arms touching cables 0.3 Legs not horizontal 0.1-0.5 Bent knees 0.1-0.5 Hold < 2 seconds 0.3 No hold 0.5	Arms touching cables 0.3 Lack of rhythm 0.1-0.3 Body > 15° from vertical (16°-30°/31°-45°/> 45°) 0.1-0.5 Body not straight in shoulder stand 0.1-0.5 Hold < 2 seconds 0.3 No hold 0.5 Lack of control 0.1-0.3 Fall from shoulder stand 1.0	Arms touching cables 0.3 Bent knees 0.1-0.5 Lack of rhythm 0.1-0.3 Feet around cables 0.5 Body not straight in handstand 0.1-0.5 Hold < 2 seconds 0.3 No hold 0.5 Lack of control 0.1-0.3 Fall from shoulder handstand 1.0	Bent knees 0.1-0.5 Body not straight 0.1-0.5 Lack of control 0.1-0.3 Momentary dorsal hang not shown 0.3 Lack of shoulder flexibility 0.1-0.5 Feet not pointed 0.1

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

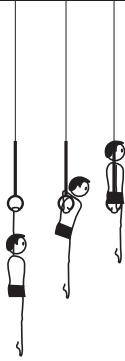


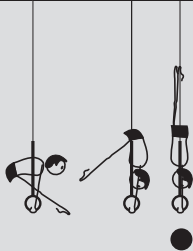
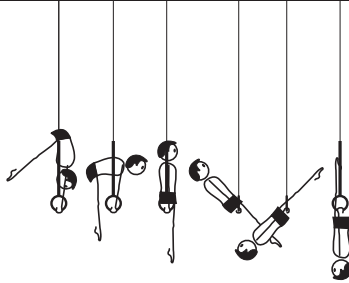
RINGS – LEVEL 5

Level 5 cont. (page 2/2)

Item	Skill 4	Skill 5	Skill 6	Skill 7	Skill 8
Skill Value	0.5	1.0	1.0	1.0	1.0
Required Skill	Long Swing x1	Inlocate	Long Swing x2	Dislocate	Salto Backwards Stretched Dismount
Technical Description	Immediate cast into swing backwards above ring height and forwards above ring height x1.	Swing backwards and through to stretched inlocate.	Swing backwards above ring height and forwards above ring height x2.	On the 2 nd swing forwards swing through to stretched dislocate.	Swing forwards into salto backwards stretched dismount to stand.
Typical Deductions	Front/Back Swings: Bent hips 0.1-0.5 Hips < ring height (<15°/16°-30°/> 30°) 0.1-0.5 Rings not turned out on backward swing 0.1-0.3	Bent knees 0.1-0.5 Bent hips 0.1-0.5 Lack of rhythm 0.1-0.3 No shoulder lift 0.3	Front/Back Swings: Bent hips 0.1-0.5 Hips < ring height (<15°/16°-30°/> 30°) 0.1-0.5 Rings not turned out on backward swing 0.1-0.3	Bent knees 0.1-0.5 Bent hips 0.1-0.5 Lack of rhythm 0.1-0.3 No shoulder lift 0.3	Lack of height (hips < ring height) 0.1-0.3 Poor body position 0.1-0.5 Steps / uncontrolled Landing 0.1-0.3 Fall 1.0

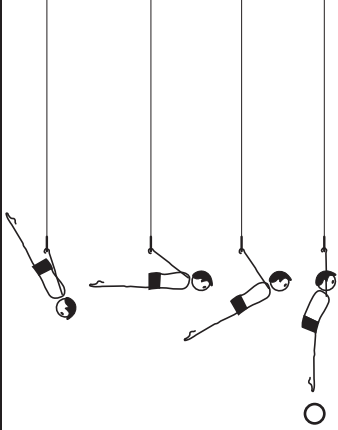
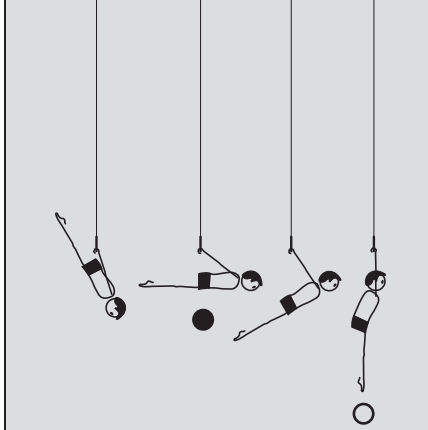
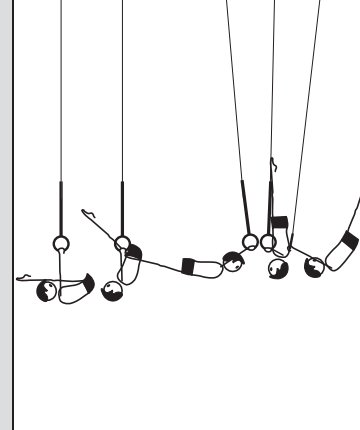
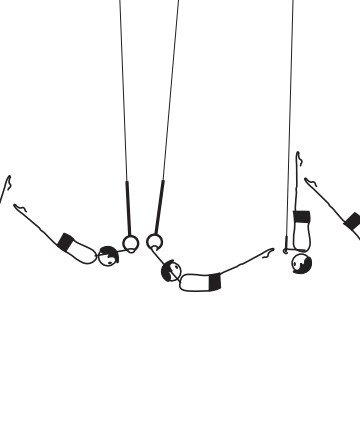
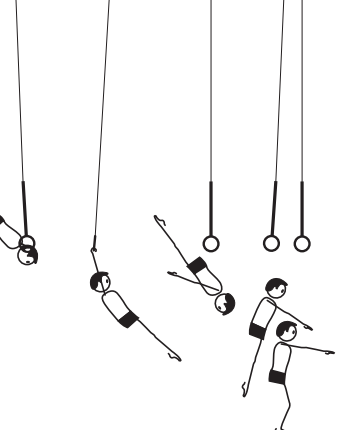
RINGS – LEVEL 6

Two BONUS skills (page 1/2)

Item	Skill 1	Skill 2	Skill 3	Skill 3 – BONUS	Skill 4
Skill Value	1.5	1.0	1.5	+ 0.5	1.0
Required Skill	Muscle-Up	L-Sit (2 sec)	Press to Handstand (2 sec)	Straight-Arm/Bent-Body Press to Handstand (2 sec)	Lower to Inverted Hang
					
Technical Description	From a still hang with straight arms, muscle-up to support.	Lift to L-sit (hold 2 seconds).	Bent-arm/bent-body press to handstand with feet resting on the cables (hold 2 seconds).	Straight-arm/bent-body press to handstand with feet resting on the cables (hold 2 seconds). NB: Bonus not applied if arms bend > 45	Lower slowly through support and roll backwards with control to inverted hang. <i>Slight bending of arms allowed in roll backwards</i>
Typical Deductions	Legs apart in lift 0.3 Bent arms in hang 0.1-0.5 Bent hips 0.1-0.5 Lack of rhythm 0.1-0.3 Use of swing 0.1-0.5 Bent arms in support 0.1-0.5	Bent arms 0.1-0.5 Bent knees 0.1-0.5 Rings not straight 0.1-0.5 Arms touching cables 0.3 Legs not horizontal 0.1-0.5 Hold < 2 seconds 0.3 No hold 0.5 Feet not pointed 0.1	Arms touching cables 0.3 Bent knees 0.1-0.5 Lack of rhythm 0.1-0.3 Feet around cables 0.5 Poor shape in handstand 0.1-0.5 Hold < 2 seconds 0.3 No hold 0.5 Fall from handstand 1.0	- AS PER BASE SKILL, PLUS - Bent arms 0.1-0.5 (1°-15°/16°-30°/>30°)	Arms touching cables 0.3 Lack of control 0.1-0.3 Bent hips 0.1-0.5 Arched back 0.1-0.5 Bent arms in support 0.1-0.5 Feet not pointed 0.1

RINGS – LEVEL 6

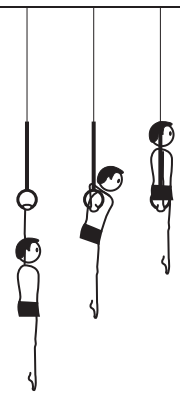
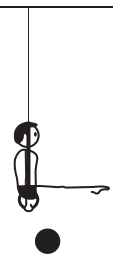
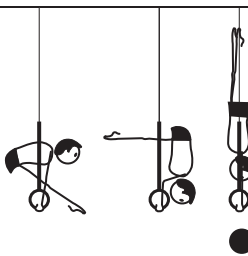
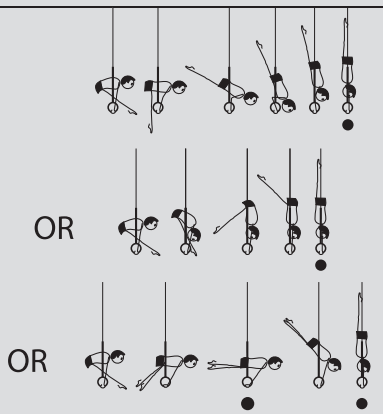
Level 6 cont. (page 2/2)

Item	Skill 5	Skill 5 – BONUS	Skill 6	Skill 7	Skill 8
Skill Value	1.5	+ 0.5	1.0	1.0	1.5
Required Skill	Lower through Back Lever	Back Lever (2 sec)	Inlocate	Dislocate	Salto Backwards Stretched Dismount
					
Technical Description	Lower slowly through hanging scale rearways with feet together (no stop required) to momentary dorsal hang.	Lower to hanging scale rearways (hold 2 seconds). Lower to momentary dorsal hang. NB: Bonus only applied if hanging scale is held for full 2 seconds	Lift to with bent-body to basket position to immediate cast and swing backwards into stretched inlocate with shoulder lift.	Swing backwards and swing forwards into stretched dislocate with shoulder lift.	Swing forwards into salto backwards stretched dismount to stand.
Typical Deductions	Bent knees 0.1-0.5 Bent hips 0.1-0.5 Arched back 0.1-0.5 Lack of control 0.1-0.3 Lack of shoulder flexibility 0.1-0.5 Momentary dorsal hang not shown 0.3 Feet not pointed 0.1	Bent knees 0.1-0.5 Bent hips 0.1-0.5 Arched back 0.1-0.5 Body not horizontal (1°-15°/16°-30°/>30°) 0.1-0.5 Lack of shoulder flexibility 0.1-0.5 Momentary dorsal hang not shown 0.3 Feet not pointed 0.1	Cast not immediate 0.1 Bent hips in inlocate 0.1-0.5 Bent knees 0.1-0.5 Lack of rhythm 0.1-0.3 No shoulder lift in inlocate 0.3	Hips < ring height (1°-15°/16°-30°/>30°) 0.1-0.5 Bent knees 0.1-0.5 Bent hips 0.1-0.5 Lack of rhythm 0.1-0.3 No shoulder lift in dislocate 0.3	Lack of height (hips < ring height) 0.1-0.3 Poor body position 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

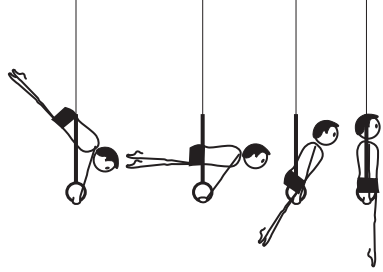
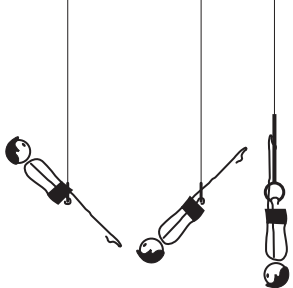
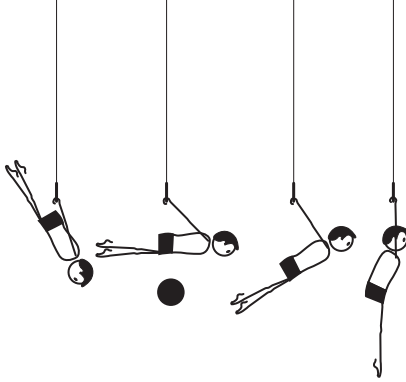
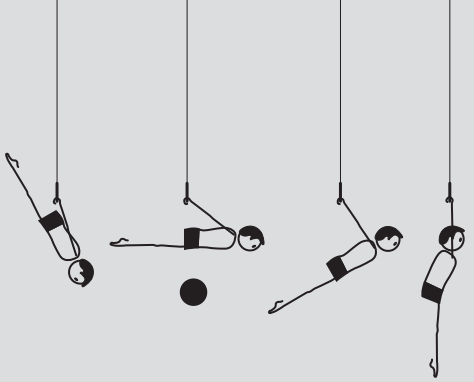
RINGS – LEVEL 7 u/13

Two BONUS skills (page 1/3)

Item	Skill 1		Skill 2		Skill 3		Skill 3 – BONUS	
Skill Value	1.5		1.0		2.0		+ 0.5	
Required Skill	Muscle-Up		L-Sit (2 sec)		Press to Handstand (2 sec)		B-Valued Press to Handstand (2 sec)	
								
Technical Description	From a still hang with straight arms, muscle-up to support.		Lift to L-sit (hold 2 seconds).		Bent-arm/bent-body press to handstand with feet resting on the cables (hold 2 seconds).		Any B-value press to handstand with feet OFF the cables (hold 2 seconds). NB: No bonus applied if feet touch cables	
Typical Deductions	Legs apart in left	0.3	Bent arms	0.1-0.5	Arms touching cables	0.3	Arms touching cables	0.3
	Bent arms in hang	0.1-0.5	Bent knees	0.1-0.5	Bent knees	0.1-0.5	Bent knees	0.1-0.5
	Bent hips	0.1-0.5	Rings not straight	0.1-0.5	Lack of rhythm in press	0.1-0.3	Lack of rhythm in press	0.1-0.3
	Lack of rhythm	0.1-0.3	Arms touching cables	0.3	Feet around cables	0.5	Unsteady handstand	0.1-0.5
	Use of swing	0.1-0.5	Legs not horizontal	0.1-0.5	Poor handstand shape	0.1-0.5	Poor handstand shape	0.1-0.5
	Bent arms in support	0.1-0.5	Hold < 2 seconds	0.3	Hold < 2 seconds	0.3	Hold < 2 seconds	0.3
	Feet not pointed	0.1	No hold	0.5	No hold	0.5	No hold	0.5
			Feet not pointed	0.1	Fall from handstand	1.0	Fall from handstand	1.0

RINGS – LEVEL 7 u/13

Level 7 cont. (page 2/3)

Item	Skill 4	Skill 5	Skill 6	Skill 6 – BONUS																																																
Skill Value	1.0	0.5	1.0	+ 0.5																																																
Required Skill	Lower through Straddle Planche	Inverted Hang	Straddled Back Lever (2 sec)	Back Lever (2 sec)																																																
																																																				
Technical Description	Straddle legs and lower slowly through straddle planche position (straight arms, straddled legs, open hips) to support.	Roll backwards with control to inverted hang. <i>Slight bending of arms allowed in roll backwards</i>	Lower to straddled hanging scale rearways (hold 2 seconds). Lower to dorsal hang.	Lower to hanging scale rearways with legs together (hold 2 seconds). Lower to dorsal hang. NB: Bonus only applied if there is <u>NO</u> time penalty deduction																																																
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>Bent hips</td><td>0.1-0.5</td></tr> <tr><td>Arched back</td><td>0.1-0.5</td></tr> <tr><td>Lack of control</td><td>0.1-0.3</td></tr> <tr><td>Arms touching cables</td><td>0.3</td></tr> </table>	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Bent hips	0.1-0.5	Arched back	0.1-0.5	Lack of control	0.1-0.3	Arms touching cables	0.3	<table border="0"> <tr><td>Lack of control</td><td>0.1-0.3</td></tr> <tr><td>Bent hips during roll</td><td>0.1-0.5</td></tr> <tr><td>Bent arms in support</td><td>0.1-0.5</td></tr> <tr><td>Feet not pointed</td><td>0.1</td></tr> </table>	Lack of control	0.1-0.3	Bent hips during roll	0.1-0.5	Bent arms in support	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>Bent hips</td><td>0.1-0.5</td></tr> <tr><td>Arched back</td><td>0.1-0.5</td></tr> <tr><td>Body not horizontal (1°-15°/16°-30°/> 30°)</td><td>0.1-0.5</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 shoulder flexibility</td><td>0.1-0.5</td></tr> <tr><td>Feet not pointed</td><td>0.1</td></tr> </table>	Bent knees	0.1-0.5	Bent hips	0.1-0.5	Arched back	0.1-0.5	Body not horizontal (1°-15°/16°-30°/> 30°)	0.1-0.5	Hold < 2 seconds	0.3	No hold	0.5	Lack of shoulder flexibility	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>Bent hips</td><td>0.1-0.5</td></tr> <tr><td>Arched back</td><td>0.1-0.5</td></tr> <tr><td>Body not horizontal (1°-15°/16°-30°/> 30°)</td><td>0.1-0.5</td></tr> <tr><td>Lack of shoulder flexibility</td><td>0.1-0.5</td></tr> <tr><td>Feet not pointed</td><td>0.1</td></tr> </table>	Bent knees	0.1-0.5	Bent hips	0.1-0.5	Arched back	0.1-0.5	Body not horizontal (1°-15°/16°-30°/> 30°)	0.1-0.5	Lack of shoulder flexibility	0.1-0.5	Feet not pointed	0.1
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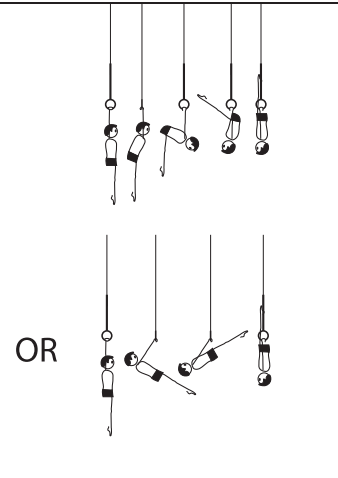
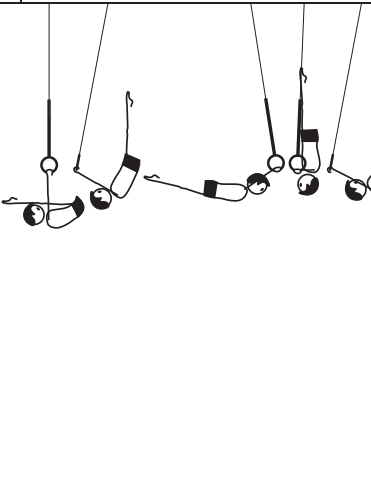
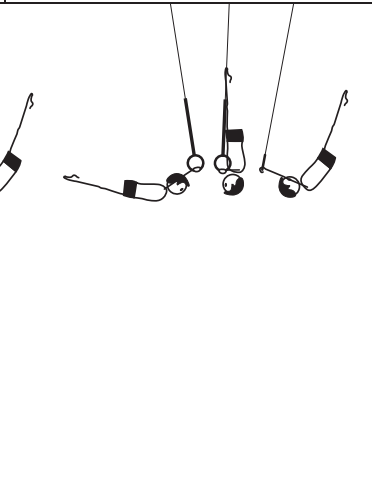
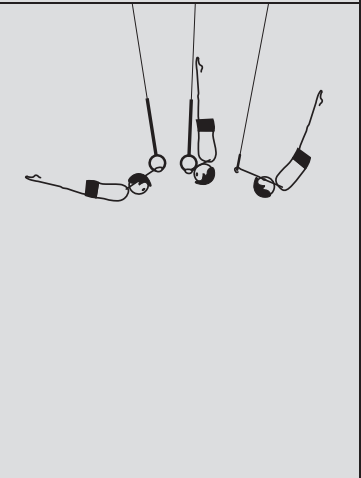
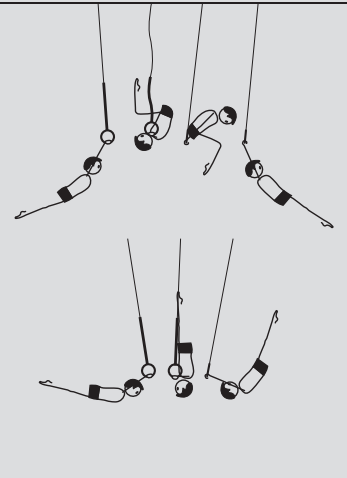
RINGS – LEVEL 7 u/13

Level 7 cont. (page 3/3)

Item	Skill 7	Skill 8	Skill 9																												
Skill Value	1.0	1.0	1.0																												
Required Skill	Inlocate x2	Dislocate	Salto Backwards Stretched Dismount																												
Technical Description	Lift to basket position with immediate cast and swing backwards into stretched inlocate x2.	Swing backwards and then swing forwards into stretched dislocate.	Swing forwards into salto backwards stretched dismount to stand.																												
Typical Deductions	<table border="0"> <tr> <td>Cast not immediate</td> <td>0.1</td> </tr> <tr> <td>Bent hips in inlocate (each)</td> <td>0.1-0.5</td> </tr> <tr> <td>Bent knees</td> <td>0.1-0.5</td> </tr> <tr> <td>Lack of rhythm</td> <td>0.1-0.3</td> </tr> <tr> <td>Shoulders < ring height (each) (1°-15°/16°-30°/ > 30°)</td> <td>0.1-0.5</td> </tr> </table>	Cast not immediate	0.1	Bent hips in inlocate (each)	0.1-0.5	Bent knees	0.1-0.5	Lack of rhythm	0.1-0.3	Shoulders < ring height (each) (1°-15°/16°-30°/ > 30°)	0.1-0.5	<table border="0"> <tr> <td>Hips < ring height in swing (1°-15°/16°-30°/ > 30°)</td> <td>0.1-0.5</td> </tr> <tr> <td>Bent knees</td> <td>0.1-0.5</td> </tr> <tr> <td>Bent hips</td> <td>0.1-0.5</td> </tr> <tr> <td>Lack of rhythm</td> <td>0.1-0.3</td> </tr> <tr> <td>Shoulders < ring height (1°-15°/16°-30°/ > 30°)</td> <td>0.1-0.5</td> </tr> </table>	Hips < ring height in swing (1°-15°/16°-30°/ > 30°)	0.1-0.5	Bent knees	0.1-0.5	Bent hips	0.1-0.5	Lack of rhythm	0.1-0.3	Shoulders < ring height (1°-15°/16°-30°/ > 30°)	0.1-0.5	<table border="0"> <tr> <td>Lack of height (hips < ring height)</td> <td>0.1-0.3</td> </tr> <tr> <td>Poor body position</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>0.1</td> </tr> </table>	Lack of height (hips < ring height)	0.1-0.3	Poor body position	0.1-0.5	Steps / uncontrolled landing	0.1-0.3	Fall	0.1
Cast not immediate	0.1																														
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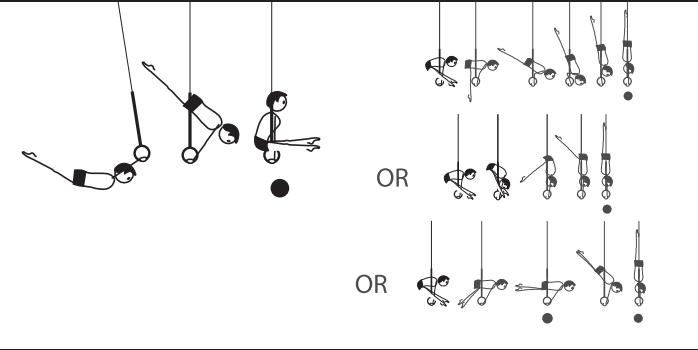
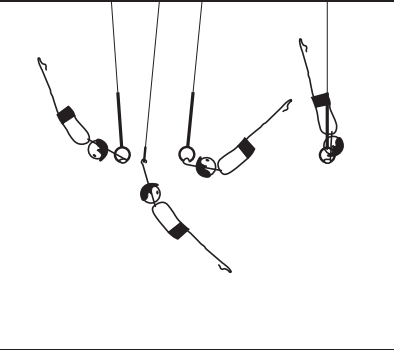
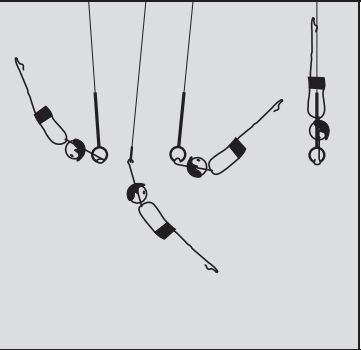
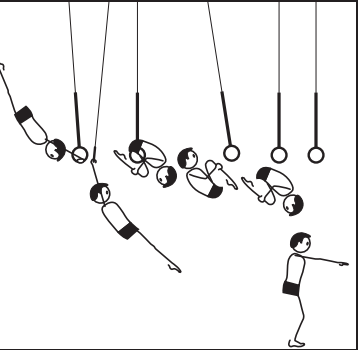
RINGS – LEVEL 8 u/14

Three BONUS skills (page 1/2)

Item	Skill 1	Skill 2	Skill 3	Skill 3 – BONUS	Skill 4 – BONUS SKILL
Skill Value	1.0	1.0	1.0	+ 0.5	+ 0.5
Required Skill	Slow Inlocate <u>OR</u> Straight Body Pull to Inverted Hang	Inlocate	Inlocate	Inlocate above Ring Height	Yamawaki, Inlocate
					
Technical Description	From hang, slow inlocate and pull through to inverted hang <u>OR</u> From hang, straight arm and straight body pull to inverted hang.	Lower to basket with immediate cast and swing backwards through to stretched inlocate at ring height.	Stretched inlocate at ring height.	Stretched inlocate with shoulders above ring height.	Double salto forwards tucked to hang (Yamawaki) with immediate swing through to stretched inlocate.
Typical Deductions	Deductions as per FIG Code of Points	Shoulders < ring height 0.1 - 0.5 (1°-15°/16°-30°/30°<) Other deductions as per FIG Code of Points	Shoulders < ring height 0.1 - 0.5 (1°-15°/16°-30°/30°<) Other deductions as per FIG Code of Points	Deductions as per FIG Code of Points	Shoulders < ring height in inlocate 0.1-0.5 (1°-15°/16°-30°/30°<) Deductions as per FIG Code of Points

RINGS – LEVEL 8 u/14

Level 8 cont. (page 2/2)

Item	Skill 5	Skill 6	Skill 7	Skill 7	Skill 8
Skill Value	2.5	1.5	1.5	0.5	1.5
Required Skill	Back-Uprise to Straddled L-Sit (2 sec)	B-Valued Press to Handstand (2 sec)	Dislocate above Ring Height	Dislocate through Handstand	Double Salto Backwards Tucked Dismount
					
Technical Description	Back-uprise to straddled L-sit (hold 2 seconds).	Any B-valued press to handstand (hold 2 seconds).	Swing directly from handstand into immediate dislocate with shoulders above the top of the rings.	Swing directly from handstand into immediate dislocate to within 15° of handstand (Giant swing backwards through handstand).	Swing forwards and double salto backwards tucked dismount to stand.
Typical Deductions	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points	Shoulders level with top of the Rings 0.3 Shoulders below the bottom of the rings 0.5 Other deductions as per FIG Code of Points	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points



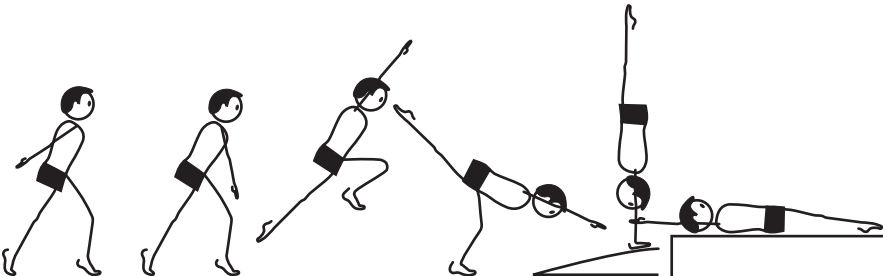
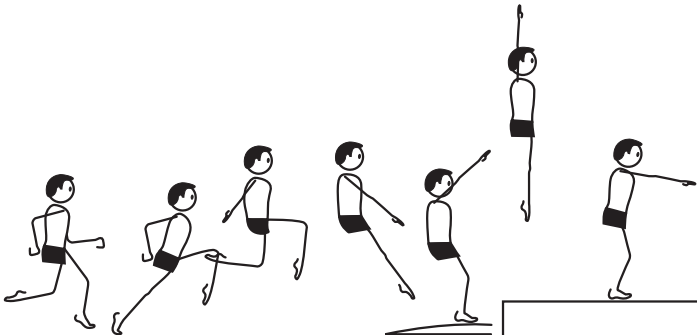
Gymnastics Australia
Men's Australian Levels Program
NATIONAL COMPETITION CURRICULUM
Vault

VAULT – LEVEL 1

Item	Vault			
Skill Value	10.0			
Required Skill	Stretched Jump			
Technical Description	<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 OR 1x 30cm landing mat</p>			
Typical Deductions	No under-arm swing on take-off	0.3	Body not straight / stretched	0.1-0.5
	2-foot jump from box	0.5	Bent knees	0.1-0.5
	Feet not contacting board simultaneously	0.1-0.3	Legs apart	0.1-0.5
	Feet not leaving board simultaneously	0.1-0.3	Feet not pointed	0.1
	Lack of rhythm / no rebound action	0.1-0.3	Steps / uncontrolled landing	0.1-0.3
	Lack of height (feet below knees)	0.3	Fall	1.0

VAULT – LEVEL 2

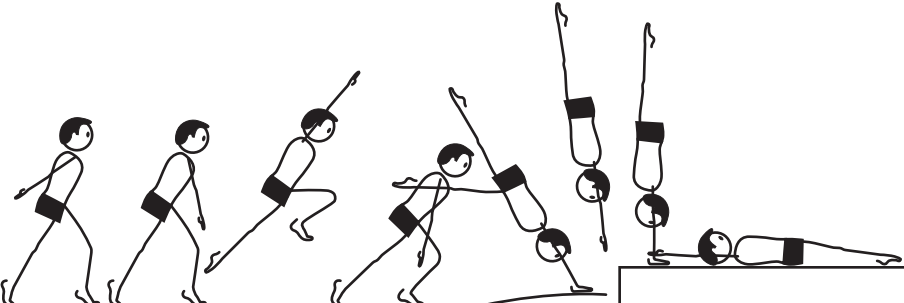
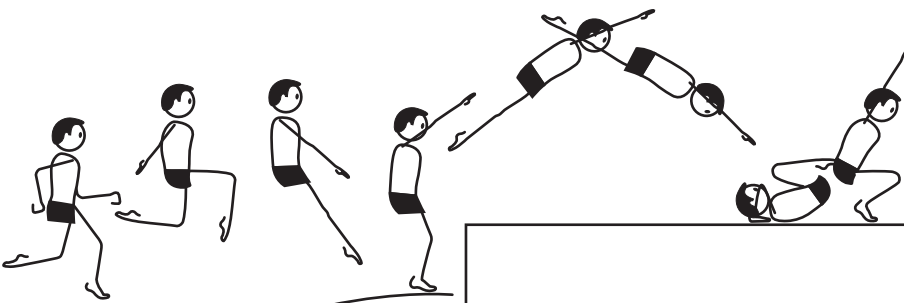
Calculation of the 2-vault combined score is at the discretion of the event organisers

Item	Vault 1	Vault 2																																						
Skill Value	10.0	10.0																																						
Required Skill	Handstand Flat-Back	Stretched Jump																																						
																																								
Technical Description	<p>From a 3-4 step hurdle, kick to momentary handstand with hands on a springboard (from an underarm action). Fall to flat-back onto a 30cm landing mat.</p> <p>* 30cm Matting = 20cm landing mat + 1x 10cm OR 1x 30cm landing mat</p>	<p>From a maximum 10m run, hurdle to a 2-footed take-off stretched jump, with arms above the head, to land on 30cm matting*.</p> <p>* 30cm Matting = 20cm landing mat + 1x 10cm OR 1x 30cm landing mat</p>																																						
Typical Deductions	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 80%;">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> </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	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 80%;">No under-arm swing on take-off</td> <td style="text-align: right;">0.3</td> </tr> <tr> <td>Feet not contacting board simultaneously</td> <td style="text-align: right;">0.1-0.3</td> </tr> <tr> <td>Feet not leaving board simultaneously</td> <td style="text-align: right;">0.1-0.3</td> </tr> <tr> <td>Lack of rhythm / no rebound action</td> <td style="text-align: right;">0.1-0.3</td> </tr> <tr> <td>Lack of height (feet below knees)</td> <td style="text-align: right;">0.3</td> </tr> <tr> <td>Body not straight / stretched</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>Step / 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	Feet not contacting board simultaneously	0.1-0.3	Feet not leaving board simultaneously	0.1-0.3	Lack of rhythm / no rebound action	0.1-0.3	Lack of height (feet below knees)	0.3	Body not straight / stretched	0.1-0.5	Bent knees	0.1-0.5	Legs apart	0.1-0.5	Feet not pointed	0.1	Step / uncontrolled landing	0.1-0.3	Fall	1.0
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Feet joining after vertical	0.1-0.5																																							
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Body not straight / stretched	0.1-0.5																																							
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Legs apart	0.1-0.5																																							
Feet not pointed	0.1																																							
Step / uncontrolled landing	0.1-0.3																																							
Fall	1.0																																							

VAULT – LEVEL 3

No BONUS Vault

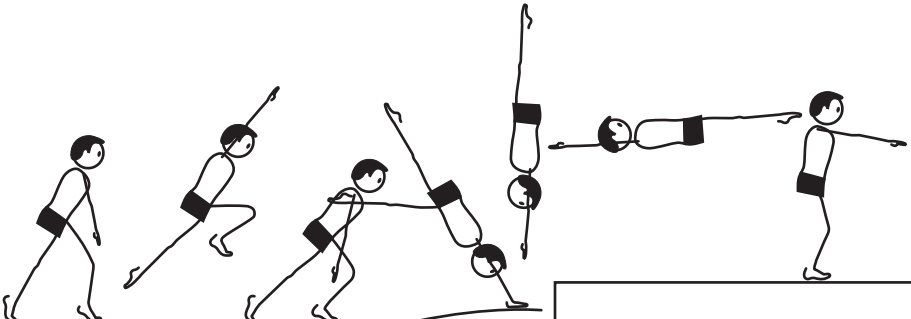
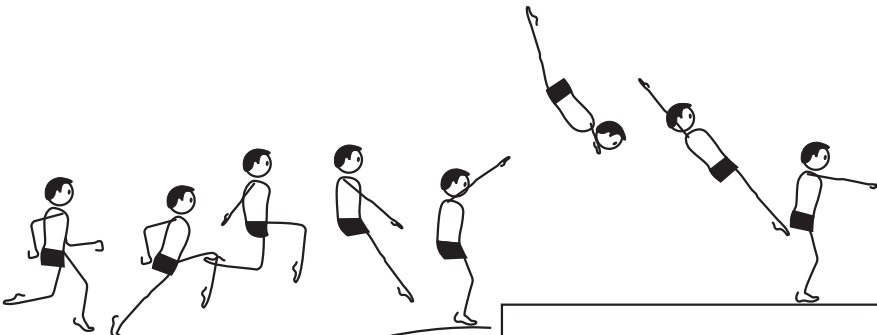
Calculation of the 2-vault combined score is at the discretion of the event organisers

Item	Vault 1	Vault 2																																										
Skill Value	10.0	10.0																																										
Required Skill	Handstand Pop	Dive Roll																																										
																																												
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 OR 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 & 1x 30cm landing mats OR 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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Arched back	0.1-0.5																																											
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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																																											
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																																											

VAULT – LEVEL 4

No BONUS Vault

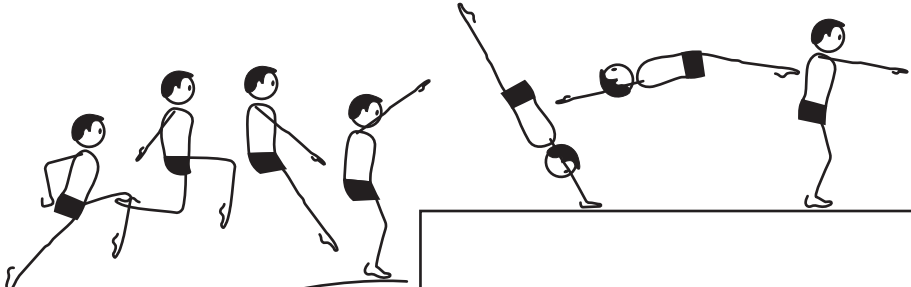
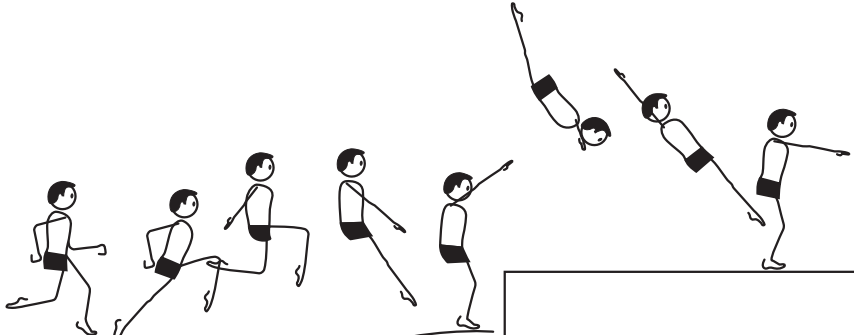
Calculation of the 2-vault combined score is at the discretion of the event organisers

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
No under-arm action	0.3																																											
Feet joining after vertical	0.1-0.5																																											
Bent Knees (after leaving floor)	0.1-0.5																																											
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Lack of height (at peak of flight)																																												
• at or below head height	0.1																																											
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• 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																																											

VAULT – LEVEL 5

No BONUS Vault

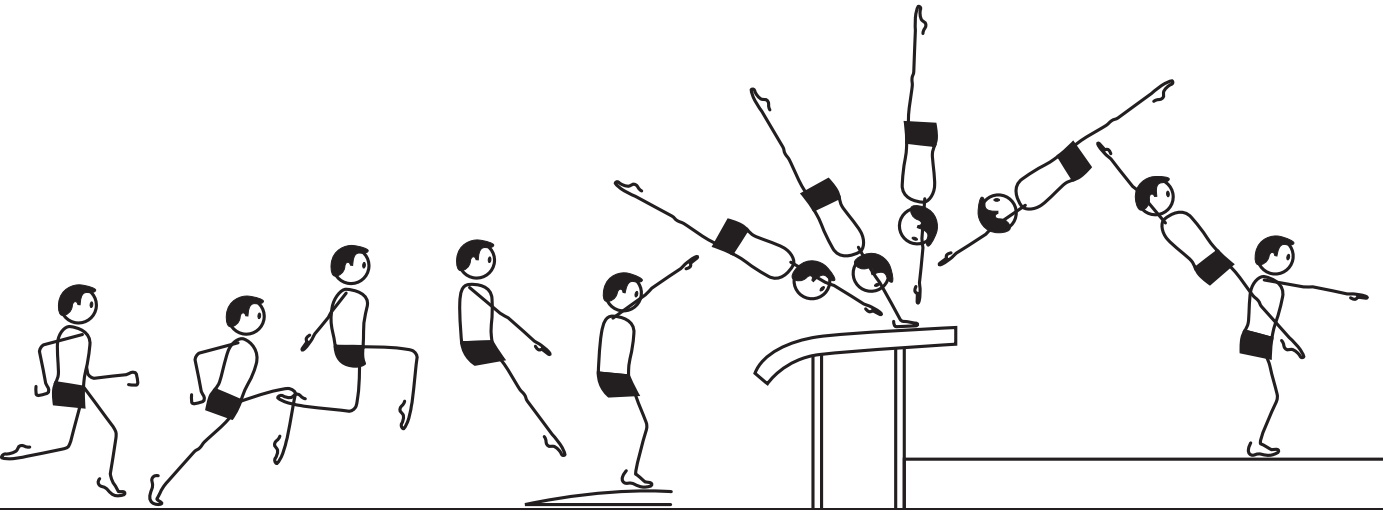
Calculation of the 2-vault combined score is at the discretion of the event organisers

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 to a 2-footed take-off and handspring (using an underarm action) from hands on 60cm mat (or box)* to land on 60cm matting**.</p> <p>* No Vaulting Table ** 60cm Matting = 20cm landing mat + 1x 10cm landing mat & 1x 30cm landing mat OR 2x 30cm landing mats</p>	<p>From a maximum 25m run, hurdle to a 2-footed take-off and salto forwards stretched to land on 60cm matting**.</p> <p>** 60cm Matting = 20cm landing mat + 1x 10cm landing mat & 1x 30cm landing mat OR 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>Bent knees (Pre-Flight)</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Legs apart (Pre-Flight)</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Bent body (Pre-Flight)</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Bent arms (Contact phase)</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Bent knees (Post-Flight)</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Legs apart (Post-Flight)</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Bent body (Post-Flight)</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Lack of height</td><td style="text-align: right;">0.1-0.5</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 action	0.3	Bent knees (Pre-Flight)	0.1-0.5	Legs apart (Pre-Flight)	0.1-0.5	Bent body (Pre-Flight)	0.1-0.5	Bent arms (Contact phase)	0.1-0.5	Bent knees (Post-Flight)	0.1-0.5	Legs apart (Post-Flight)	0.1-0.5	Bent body (Post-Flight)	0.1-0.5	Lack of height	0.1-0.5	Steps / uncontrolled landing	0.1-0.3	Fall	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
No under-arm action	0.3																																													
Bent knees (Pre-Flight)	0.1-0.5																																													
Legs apart (Pre-Flight)	0.1-0.5																																													
Bent body (Pre-Flight)	0.1-0.5																																													
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Bent knees (Post-Flight)	0.1-0.5																																													
Legs apart (Post-Flight)	0.1-0.5																																													
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Lack of height	0.1-0.5																																													
Steps / uncontrolled landing	0.1-0.3																																													
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• 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																																													

VAULT – LEVEL 6

No BONUS Vault

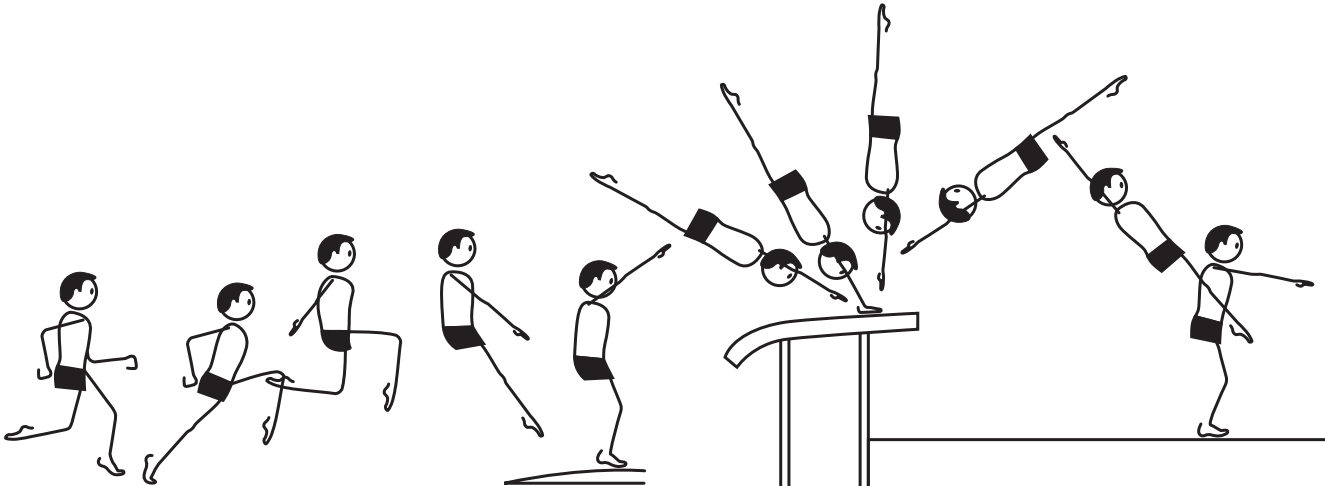
Calculation of the 2-vault combined score is at the discretion of the event organisers

Item	Vault 1 & Vault 2			
Skill Value	10.0			
Required Skill	Handspring			
Required Skill				
Technical Description	<p>From a maximum 25m run, handspring over the vaulting table* to land on 30cm matting**.</p> <p>* Minimum Vault Height = 110cm ** 30cm Matting = 20cm competition matting + 1x 10cm landing mat</p>			
Typical Deductions	No under-arm action Bent knees (Pre-Flight) Legs apart (Pre-Flight) Bent body (Pre-Flight) Bent arms (Contact Phase)	0.3 0.1-0.5 0.1-0.5 0.1-0.5 0.1-0.5	Bent knees (Post-Flight) Legs apart (Post-Flight) Bent body (Post-Flight) Lack of height Landing < 1.00m from end of table Steps / uncontrolled landing Fall	0.1-0.5 0.1-0.5 0.1-0.5 0.1-0.5 0.5 0.1-0.3 1.0

VAULT – LEVEL 7 u/13

No BONUS Vault

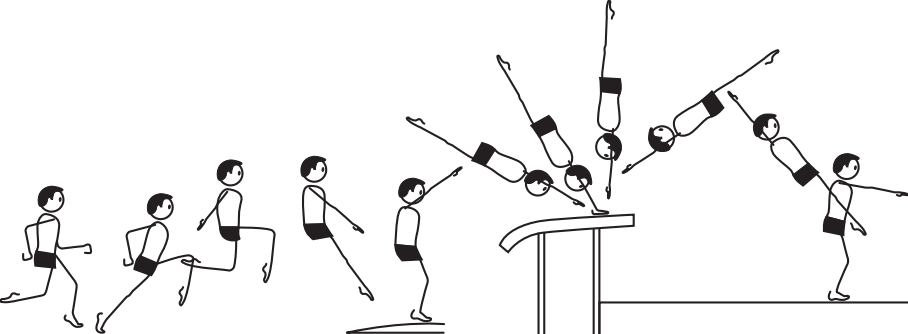
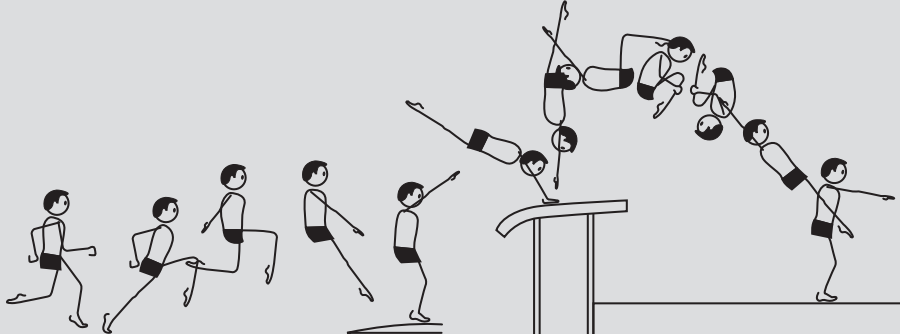
Calculation of the 2-vault combined score is at the discretion of the event organisers

Item	Vault 1 & Vault 2			
Skill Value	10.0			
Required Skill	Handspring			
				
Technical Description	<p>From a maximum 25m run, handspring over the vaulting table* to land on 30cm matting**.</p> <p>* Minimum Vault Height = 110cm ** 30cm Matting = 20cm competition matting + 1x 10cm landing mat</p>			
Typical Deductions	No under-arm action Bent knees (Pre-Flight) Legs apart (Pre-Flight) Bent body (Pre-Flight) Bent arms (Contact Phase)	0.3 0.1-0.5 0.1-0.5 0.1-0.5 0.1-0.5	Bent knees (Post-Flight) Legs apart (Post-Flight) Bent body (Post-Flight) Lack of height Landing < 1.00m from end of table Landing line deductions apply as per FIG Code of Points Steps / uncontrolled landing Fall	0.1-0.5 0.1-0.5 0.1-0.5 0.1-0.5 0.5 0.1-0.3 0.1-0.3 1.0

VAULT – LEVEL 8 u/14

Vault 1 – Option of BASE or BONUS Vault

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

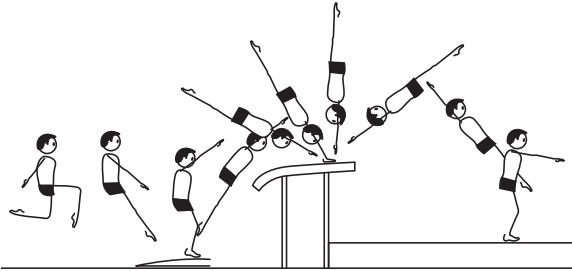
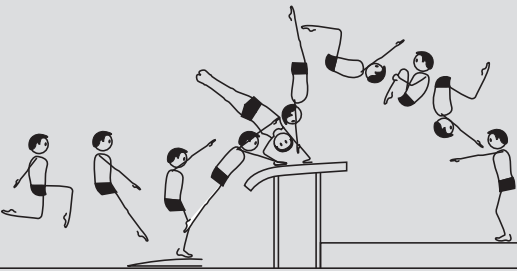
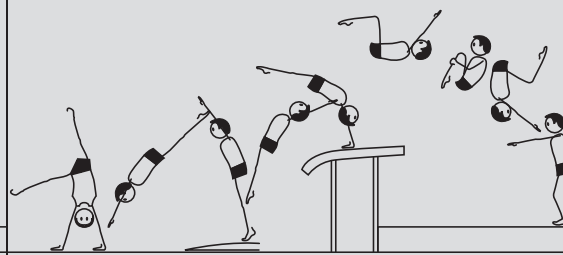
Item	BASE Vault	BONUS Vault
Skill Value	10.0	+ 1.0
Required Skill	Handspring	Handspring + Salto Forwards Tucked
		
Technical Description	From a maximum 25m run, handspring over the vaulting table* to land on 30cm matting**. * Minimum Vault Height = 125cm	From a maximum 25m run, handspring and salto forwards tucked* to land on 30cm matting**. * Minimum Vault Height = 125cm
Typical Deductions	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points

** 30cm Matting = 20cm competition matting + 1x 10cm landing mat

VAULT – LEVEL 8 u/14

Vault 2 – Option of BASE or 1 BONUS Vault

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

Item	BASE Vault	BONUS Vault 1	BONUS Vault 2
Skill Value	10.0	+ 1.0	+ 1.0
Required Skill	Handspring	Tsukahara Tucked	Yurchenko Tucked
			
Technical Description	<p>From a maximum 25m run, handspring over the vaulting table* to land on 30cm matting**.</p> <p>* Minimum Vault Height = 125cm</p>	<p>From a maximum 25m run, Tsukahara tucked* to land on 30cm matting**.</p> <p>* Minimum Vault Height = 125cm</p>	<p>From a maximum 25m run, Yurchenko tucked* to land on 30cm matting**.</p> <p>* Minimum Vault Height = 125cm</p>
Typical Deductions	Deductions as per FIG Code of Points	<p>Deductions as per FIG Code of Points</p> <ul style="list-style-type: none"> No D-Jury deduction for performing in piked or stretched position; E-Jury deductions still apply 	<p>Deductions as per FIG Code of Points</p> <ul style="list-style-type: none"> No D-Jury deduction for performing in piked or stretched position; E-Jury deductions still apply

** 30cm Matting = 20cm competition matting + 1x 10cm landing mat



Gymnastics Australia
Men's Australian Levels Program
NATIONAL COMPETITION CURRICULUM
Parallel Bars

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 OR coach lift to a momentary 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 momentary L-sit.	Push forwards and swing backwards and forwards x2.	On 3 rd 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

PARALLEL BARS – LEVEL 2

Parallel Bars should be set to the minimum height settings

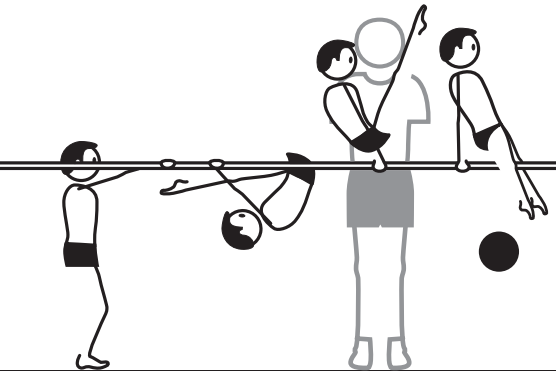
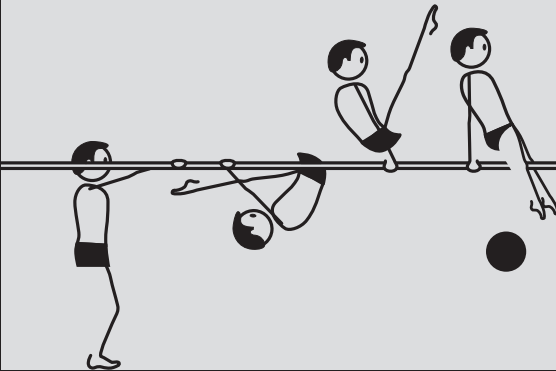
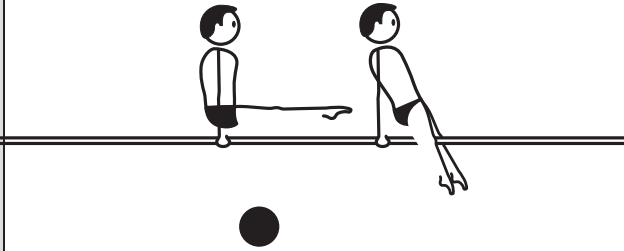
Item	Skill 1	Skill 2	Skill 3	Skill 4																																																				
Skill Value	1.0	2.5	4.0	2.5																																																				
Required Skill	Support	L-Sit (2 Sec)	Support Swing x2	Side Dismount																																																				
Technical Description	From a still stand, jump OR coach lift to a momentary stationary support position.	Lift legs to L-sit (hold 2 seconds).	Push forwards and swing backwards to horizontal and forwards to horizontal x2.	On 3 rd swing backwards to horizontal, step one hand over to dismount over the side to stand.																																																				
Typical Deductions	<table style="width: 100%; border: none;"> <tr><td>Legs apart on lift</td><td style="text-align: right;">0.3</td></tr> <tr><td>Momentary support not shown</td><td style="text-align: right;">0.3</td></tr> <tr><td>Body not straight</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>Feet not pointed</td><td style="text-align: right;">0.1</td></tr> </table>	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	<table style="width: 100%; border: none;"> <tr><td>Legs not horizontal</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>Feet not pointed</td><td style="text-align: right;">0.1</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>	Legs not horizontal	0.1-0.5	Bent knees	0.1-0.5	Feet not pointed	0.1	Hold < 2 seconds	0.3	No hold	0.5	<table style="width: 100%; border: none;"> <tr><td colspan="2" style="text-align: center;">Front Swings</td></tr> <tr><td>Bent knees</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>Below horizontal</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td colspan="2" style="text-align: center;">Back Swings</td></tr> <tr><td>Bent knees</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Excessive arch</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Below horizontal</td><td style="text-align: right;">0.1-0.5</td></tr> </table>	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	<table style="width: 100%; border: none;"> <tr><td>Excessive arch</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>Bent knees</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Body below horizontal</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>No hand step</td><td style="text-align: right;">0.3</td></tr> <tr><td>Landing not parallel to bars</td><td style="text-align: right;">0.1-0.5</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>	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	No hand step	0.3	Landing not parallel to bars	0.1-0.5	Steps / uncontrolled landing	0.1-0.3	Fall	1.0
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																																																							
Legs not horizontal	0.1-0.5																																																							
Bent knees	0.1-0.5																																																							
Feet not pointed	0.1																																																							
Hold < 2 seconds	0.3																																																							
No hold	0.5																																																							
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 below horizontal	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																																																							

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

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
Skill Value	3.0	+ 0.5	1.5
Required Skill	Basket Kip (Coach Assisted) to Straddle Sit (2 Sec)	Basket Kip (unassisted) to Straddle Sit (2 Sec)	L-Sit (2sec), Straddle Sit
			
Technical Description	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).	Lift legs off the bars to L-Sit (hold 2 seconds). Open legs to rest on bars in straddle sit.
Typical Deductions	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	Beating / 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																																								
	<p>The diagram shows a sequence of three skills on parallel bars. Skill 3 is a lift from a straddle sit to a V-sit. Skill 4 is a support swing, shown as a figure hanging from the bars with arms extended horizontally, with a double-headed arrow and 'x2' below it. Skill 5 is a side dismount, shown as a figure swinging backwards to a 45-degree position and then stepping one hand over to stand on the ground.</p>																																										
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 rd swing backwards to 45° above horizontal, step one hand over to dismount over the side to stand.																																								
Typical Deductions	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 80%;">Beating / Bouncing legs of the bars</td> <td style="text-align: right;">0.3</td> </tr> <tr> <td>Legs < 45° above horizontal (44°-30°/29°-15°/< 15°)</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>Feet not pointed</td> <td style="text-align: right;">0.1</td> </tr> </table>	Beating / Bouncing legs of the bars	0.3	Legs < 45° above horizontal (44°-30°/29°-15°/< 15°)	0.1-0.5	Bent knees	0.1-0.5	Feet not pointed	0.1	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 40%; text-align: center;">Front Swings</td> <td></td> </tr> <tr> <td>Bent knees</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>Below horizontal</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td style="text-align: center;">Back Swings</td> <td></td> </tr> <tr> <td>Bent knees</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Excessive arch</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Below horizontal</td> <td style="text-align: right;">0.1-0.5</td> </tr> </table>	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	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 80%;">Excessive arch</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>Bent knees</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Body not 45° above horizontal (44°-30°/29°-15°/< 15°)</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>No hand step</td> <td style="text-align: right;">0.3</td> </tr> <tr> <td>Landing not parallel to the bars</td> <td style="text-align: right;">0.1-0.5</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>	Excessive arch	0.1-0.5	Bent hips	0.1-0.5	Bent knees	0.1-0.5	Body not 45° above horizontal (44°-30°/29°-15°/< 15°)	0.1-0.5	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
Beating / Bouncing legs of the bars	0.3																																										
Legs < 45° above horizontal (44°-30°/29°-15°/< 15°)	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																																										
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Bent knees	0.1-0.5																																										
Body not 45° above horizontal (44°-30°/29°-15°/< 15°)	0.1-0.5																																										
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																																										

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 style="width: 100%; border-collapse: collapse;"> <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 not horizontal</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>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	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 style="width: 100%; border-collapse: collapse;"> <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>Feet not pointed</td><td style="text-align: right;">0.1</td></tr> <tr><td>Legs < horizontal (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	Feet not pointed	0.1	Legs < horizontal (1°-15°/16°-30°/> 30°)	0.1-0.5	<table style="width: 100%; border-collapse: collapse;"> <tr><td style="text-align: center;">Front Swings</td><td></td></tr> <tr><td>Bent hips</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Body < horizontal (1°-15°/16°-30°/> 30°)</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td style="text-align: center;">Back Swings</td><td></td></tr> <tr><td>Excessive arch</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Body < 45° above horizontal (44°-30°/29°-15°/< 15°)</td><td style="text-align: right;">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 style="width: 100%; border-collapse: collapse;"> <tr><td>Momentary handstand not shown</td><td style="text-align: right;">0.3</td></tr> <tr><td style="text-align: center;">Front Swings</td><td></td></tr> <tr><td>Bent hips</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Body < horizontal</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td style="text-align: center;">Back Swings</td><td></td></tr> <tr><td>Excessive arch</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Body < vertical (< 15°/16°-30°/> 30°)</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>No hand step</td><td style="text-align: right;">0.3</td></tr> <tr><td>Landing not parallel to bars</td><td style="text-align: right;">0.1-0.5</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>	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
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																																																									
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																																																									
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																																																									
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																																																									

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

PARALLEL BARS – LEVEL 5

Two BONUS skills (page 1/2)

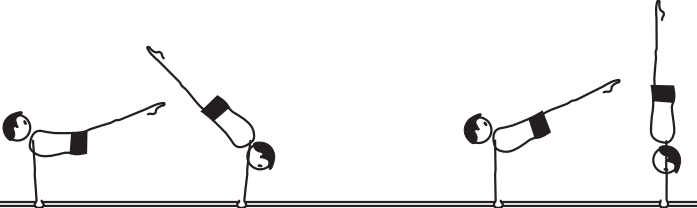
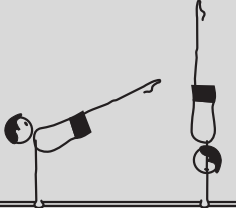
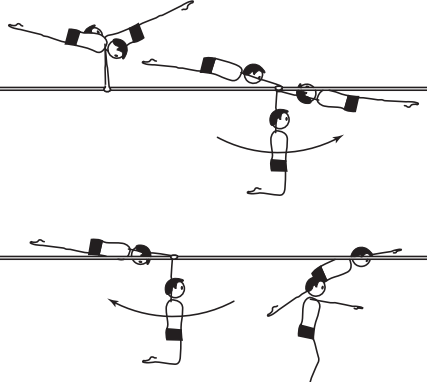
Maximum height of Parallel Bars is 180cm from competition matting

Item	Skill 1	Skill 2	Skill 3	Skill 4	Skill 4 – BONUS
Skill Value	2.0	1.5	1.5	1.0	+ 0.5
Required Skill	Long Swing x2	Glide Kip to L-Sit (2 Sec)	Press to Straddled L-Sit (2 Sec)	Press Backwards	Press to Handstand
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 L-sit (hold 2 seconds).	Press through support with straight arms and straight legs to straddled L-sit (hold 2 seconds).	Press backwards through to support above horizontal.	Press to momentary handstand with straight arms.
Typical Deductions	Feet below bar height on front swing 0.1-0.5 Hips below 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 Feet not pointed 0.1 Legs not horizontal 0.1-0.5 Hold < 2 seconds 0.3 No hold 0.5	Bent knees 0.1-0.5 Bent arms 0.1-0.5 Feet not pointed 0.1 Legs not horizontal 0.1-0.5 Hold < 2 seconds 0.3 No hold 0.5	Bent knees 0.1-0.5 Bent arms 0.1-0.5 Feet not pointed 0.1 Legs joining below horizontal 0.1-0.5	Momentary handstand not shown 0.3 Bent knees 0.1-0.5 Bent arms 0.1-0.5 Feet not pointed 0.1 Swing action in press 0.1-0.5

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

PARALLEL BARS – LEVEL 5

Level 5 cont. (page 2/2)

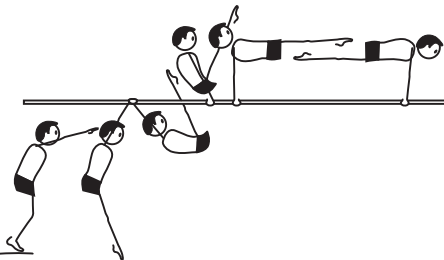
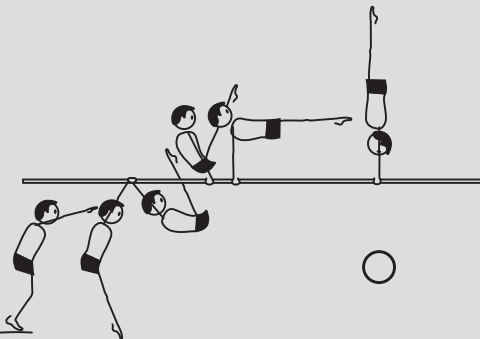
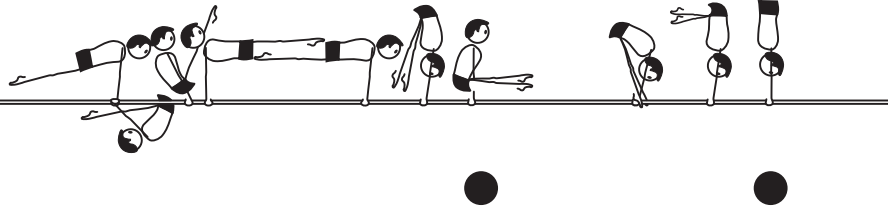
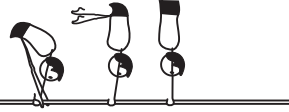
Item	Skill 5	Skill 6	Skill 6 – BONUS	Skill 7
Skill Value	0.5	1.0	+ 0.5	2.5
Required Skill	Support Swing	Swing to Handstand	Swing to Handstand (2 Sec)	Swing, Bail to Long Swing Forwards, Dismount
				
		○	●	
Technical Description	Swing forwards to horizontal and backwards to 45° above horizontal.	Swing forwards to horizontal and backwards to momentary handstand.	Swing forwards to horizontal and backwards to handstand (hold 2 seconds) <i>NB: No bonus if handstand is not held for the full 2 seconds.</i>	Swing forwards and backwards (feet above bar height) to bail into long hang swing forwards. Swing backwards to bar height and release the bar to stand. <i>NB: No deduction for bent knees through the bottom of the swing.</i>
Typical Deductions	Front Swings Bent hips 0.1-0.5 Below horizontal 0.1-0.5 Back Swings Excessive arch 0.1-0.5 < 45° above horizontal (44°-30°/29°-15°/< 15°) 0.1-0.5	Momentary handstand not shown 0.3 Front Swings Bent hips 0.1-0.5 Below horizontal 0.1-0.5 Back Swings Excessive arch 0.1-0.5 < vertical 0.1-0.5 (< 15°/16°-30°/> 30°)	Front Swings Bent hips 0.1-0.5 Below horizontal 0.1-0.5 Back Swings Excessive arch 0.1-0.5	Feet below bar height in support swing 0.1-0.5 Feet below bar height at front of long swing 0.1-0.5 Hips below bar height on back swing 0.1-0.5 Excessive pike in long swing 0.1-0.5

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

PARALLEL BARS – LEVEL 6

Two BONUS skills (page 1/2)

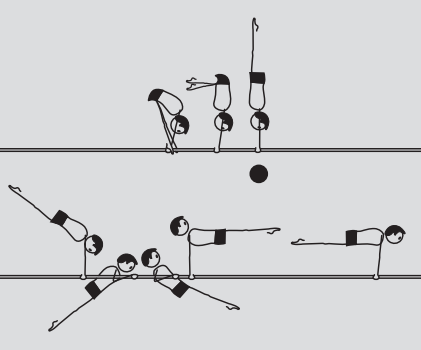
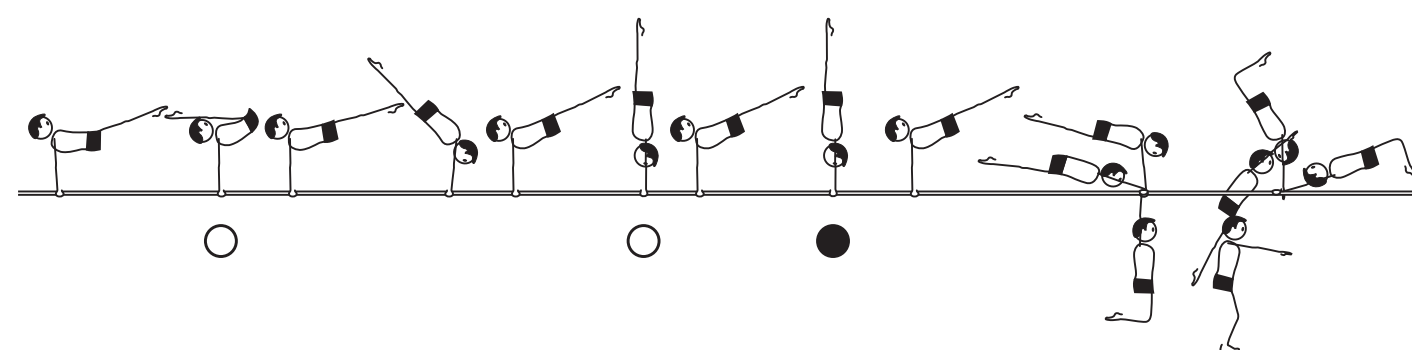
Maximum height of Parallel Bars should be set to 180cm from competition matting

Item	Skill 1	Skill 1 – BONUS	Skill 2	Skill 3																																												
Skill Value	1.5	+ 0.5	2.0	1.5																																												
Required Skill	Glide Kip, Swing Backwards	Glide Kip, Swing to Handstand	Drop Kip, Swing Backwards, Straddled L-Sit (2 Sec)	Press to Handstand (2 Sec)																																												
																																																
Technical Description	From a short run (maximum x3 steps), jump to hang and immediate glide kip to support with swing backwards to horizontal with the shoulders.	From a short run (maximum x3 steps), jump to hang and immediate glide kip to support with swing backwards to momentary handstand.	Lower down to immediate drop kip (felge technique) to support and swing backwards above horizontal. Straddle legs and lower down to straddled L-sit (hold 2 seconds).	Press to handstand (hold 2 seconds).																																												
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>Back swing below horizontal (with shoulders)</td><td>0.1-0.5</td></tr> </table>	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Back swing below horizontal (with shoulders)	0.1-0.5	<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>Momentary HS not shown</td><td>0.3</td></tr> </table>	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Momentary HS not shown	0.3	<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>Back swing below horizontal</td><td>0.1-0.5</td></tr> <tr><td>Legs below horizontal</td><td>0.1-0.5</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	Back swing below horizontal	0.1-0.5	Legs below horizontal	0.1-0.5	Hold < 2 seconds	0.3	No hold	0.5	<table border="0"> <tr><td>Bent arms</td><td>0.1-0.5</td></tr> <tr><td>Bent knees</td><td>0.1-0.5</td></tr> <tr><td>Swing action in press</td><td>0.1-0.5</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>Press to HS not vertical</td><td></td></tr> <tr><td>< 15° below handstand</td><td>0.1</td></tr> <tr><td>16°-30° below handstand</td><td>0.3</td></tr> <tr><td>31°-45° below handstand</td><td>0.5</td></tr> <tr><td>> 45° below handstand</td><td>1.0</td></tr> </table>	Bent arms	0.1-0.5	Bent knees	0.1-0.5	Swing action in press	0.1-0.5	Hold < 2 seconds	0.3	No hold	0.5	Press to HS not vertical		< 15° below handstand	0.1	16°-30° below handstand	0.3	31°-45° below handstand	0.5	> 45° below handstand	1.0
Bent knees	0.1-0.5																																															
Bent arms	0.1-0.5																																															
Back swing below horizontal (with shoulders)	0.1-0.5																																															
Bent knees	0.1-0.5																																															
Bent arms	0.1-0.5																																															
Momentary HS not shown	0.3																																															
Bent knees	0.1-0.5																																															
Bent arms	0.1-0.5																																															
Back swing below horizontal	0.1-0.5																																															
Legs below horizontal	0.1-0.5																																															
Hold < 2 seconds	0.3																																															
No hold	0.5																																															
Bent arms	0.1-0.5																																															
Bent knees	0.1-0.5																																															
Swing action in press	0.1-0.5																																															
Hold < 2 seconds	0.3																																															
No hold	0.5																																															
Press to HS not vertical																																																
< 15° below handstand	0.1																																															
16°-30° below handstand	0.3																																															
31°-45° below handstand	0.5																																															
> 45° below handstand	1.0																																															

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

PARALLEL BARS – LEVEL 6

Level 6 cont. (page 2/2)

Item	Skill 3 – BONUS	Skill 4	Skill 5	Skill 6
Skill Value	+ 0.5	1.5	1.5	2.0
Required Skill	Press to Handstand (2 Sec), Front-Uprise, Swing Backwards	Russian-Sit, Swing Backwards	Swing to Handstand, Swing to Handstand (2 Sec)	Giant Swing to Tucked Support Dismount
				
Technical Description	Press to handstand (hold 2 seconds). Layaway to upper-arm and swing forwards through to front-uprise to support and swing backwards to horizontal with the shoulders. - AS PER BASE SKILL, PLUS -	Swing forwards through to momentary Russian-sit, cast out and swing backwards to 45° above horizontal.	Swing forwards and backwards to momentary handstand. Swing forwards and backwards to handstand (hold 2 seconds).	Swing forwards and backwards above horizontal, Bail into giant swing backwards tucked with shoulders above bar height and maintained support. Release to stand between the bars dismount. <i>NB: No deduction for bent knees through the bottom of the swing</i>
Typical Deductions	Excessive pike in front uprise 0.1-0.5 Bent knees 0.1-0.5 Back swing below horizontal (with shoulders) 0.1-0.5	Front Swing (Russian) Bent knees 0.1-0.5 Legs not horizontal 0.1-0.5 Lack of flexibility 0.1-0.3 Momentary Russian-sit not shown 0.3 Back Swing 0.1-0.5 Excessive arch < 45° above horizontal (44°-30°/29°-15°/< 15°) 0.1-0.5	Front Swings Bent knees 0.1-0.5 Below horizontal 0.1-0.5 Back Swing Excessive arch < vertical (< 15°/16°-30°/> 30°) 0.1-0.5 Momentary HS not shown 0.3 Hold < 2 seconds 0.3 No hold 0.5	Bent hips (fwd swing) 0.1-0.5 Below horizontal (fwd & bwd) 0.1-0.5 Excessive arch (back swing) 0.1-0.5 Dismount Shoulders below bar height 0.5 Shoulders level with bar 0.3 Shoulders above bar height 0.1 Shoulders above bar and full support shown 0.0 Poor tuck position 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

PARALLEL BARS – LEVEL 7 u/13

Two BONUS skills (page 1/2)

Maximum height of Parallel Bars should be set at 180cm from competition matting

Item	Skill 1	Skill 2	Skill 3	Skill 4
Skill Value	1.0	2.0	1.5	1.5
Required Skill	Glide Kip, Swing Backwards	Drop Kip, Swing to Handstand	Layaway to Upper-Arm, Back-Uprise	L-Sit (2 sec), Press to Handstand (2 sec)
Technical Description	From a short run (maximum x3 steps), jump to hang and immediate glide kip to support with swing backwards to horizontal.	Lower to drop-kip swing (felge technique) to support and swing backwards to momentary handstand.	Layaway to upper-arm and swing forwards to momentary basket position. Cast forwards and swing backwards into back-uprise to horizontal.	Lower forwards to L-sit (hold 2 seconds). Press to handstand with straight arms (hold 2 seconds).
Typical Deductions	Bent knees 0.1-0.5 Bent arms 0.1-0.5 Back swing below horizontal 0.1-0.5	Bent knees 0.1-0.5 Bent arms 0.1-0.5 Back Swing Excessive arch < vertical 0.1-0.5 (< 15°/16°-30°/> 30°) 0.1-0.5 Momentary HS not shown 0.3 Handstand not reached 16°-30° below handstand 0.1 31°-45° below handstand 0.3 > 45° below handstand 0.5	Momentary basket not shown 0.3 Bent knees 0.1-0.5 Lack of flexibility 0.1-0.3 Legs not horizontal in upper-arm basket 0.1-0.5 Back-uprise below horizontal (< 15°/16°-30°/> 30°) 0.1-0.5	Legs not horizontal 0.1-0.5 Hold < 2 seconds (each time) 0.3 No hold (each time) 0.5 Bent knees 0.1-0.5 Bent arms 0.1-0.5 Swing action in press 0.3 Press to HS not vertical < 15° below handstand 0.1 16°-30° below handstand 0.3 31°-45° below handstand 0.5 > 45° below handstand 1.0

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

PARALLEL BARS – LEVEL 7 u/13

Level 7 cont. (page 2/2)

Item	Skill 5	Skill 6	Skill 6 – BONUS	Skill 7	Skill 7 – BONUS
Skill Value	1.0	2.0	+ 0.5	1.0	+ 0.5
Required Skill	Swing to Russian Sit	Swing to Handstand, Swing to Handstand (2 sec)	Swing to Handstand, Pivot, Swing to Handstand (2 Sec)	Swing, Giant Swing to Tucked Support Dismount	Salto Backwards Stretched Dismount
Technical Description	Swing forwards through to momentary Russian sit position.	Cast out of Russian sit and swing backwards to momentary handstand. Swing forwards to horizontal and backwards to handstand (hold 2 seconds).	Cast out of Russian sit and swing backwards to handstand with 180° pivot forwards. Swing forwards and backwards to handstand (hold 2 seconds). - AS PER BASE SKILL, PLUS -	Swing forwards and backwards above horizontal. Bail into giant swing backwards tucked with shoulders above bar height and maintained support. Release to stand between the bars dismount. NB: No deduction for bent knees through the bottom of the swing	Swing forwards to salto backwards stretched dismount over the bar to stand.
Typical Deductions	Momentary Russian-sit not shown 0.3 Front Swing Bent knees 0.1-0.5 Legs not horizontal 0.1-0.5 Lack of flexibility 0.1-0.5	Momentary HS not shown 0.3 Front Swing Bent hips 0.1-0.5 Below horizontal 0.1-0.5 Back Swing Excessive arch < vertical 0.1-0.5 (< 15°/16°-30°/> 30°) Hold < 2 seconds 0.3 No hold 0.5	Extra hand placement 0.1 Pivot finishing below handstand 0.1-0.5	Front/Back Swing below horizontal 0.1-0.5 Dismount Shoulders below bar height 0.5 Shoulders level with bar 0.3 Shoulders above bar height 0.1 Shoulders above bar and full support shown 0.0 Poor tuck position 0.1-0.5 Steps / uncontrolled landing 0.1-0.3 Fall 1.0	Body not stretched 0.1-0.5 Lack of height 0.1-0.5 Steps/uncontrolled landing 0.1-.3 Fall 1.0

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

PARALLEL BARS – LEVEL 8 u/14

Three BONUS skills (page 1/2)

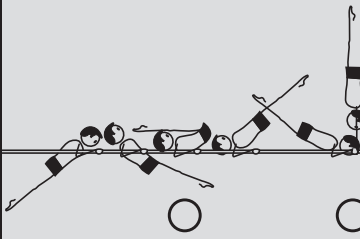
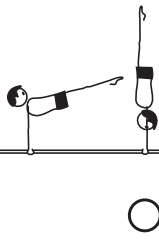
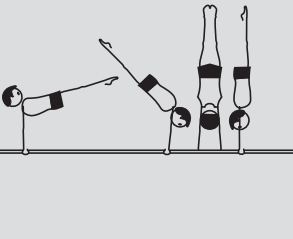
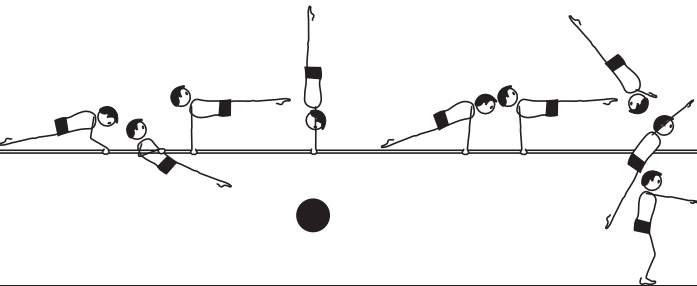
Maximum height of Parallel Bars should be set at 180cm from competition matting

Item	Skill 1	Skill 1 – BONUS	Skill 2	Skill 3	Skill 4
Skill Value	1.5	+ 0.5	1.0	2.5	1.5
Required Skill	Glide Kip to L-Sit (2 sec)	Felge to L-Sit (2 sec)	Press to Handstand (2 sec)	Pivot, Moy to Support, Swing Backwards	Layaway to Upper-Arm, Back-Uprise
Technical Description	From a short run (maximum x3 steps) or still stand, jump to hang and immediate glide kip to L-sit (hold 2 seconds).	From a still stand, jump and felge through support to L-sit (hold 2 seconds).	Press to handstand (hold 2 seconds).	180° pivot forwards and bail down from handstand into Moy to support (any technique). Swing backwards above horizontal.	Layaway to upper-arm and swing forwards to momentary basket position. Cast forwards into back-uprise to horizontal.
Typical Deductions	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points	Momentary basket position not shown 0.3 Legs not horizontal in upper-arm basket 0.1-0.5 Backward uprise not horizontal 0.1-0.5 Other deductions as per FIG Code of Points

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

PARALLEL BARS – LEVEL 8 u/14

Level 8 cont. (page 2/2)

Item	Skill 4 – BONUS	Skill 5	Skill 5 – BONUS	Skill 6	Skill 7
Skill Value	+ 0.5	1.0	+ 0.5	1.5	1.0
Required Skill	Layaway to Upper-Arm, Back-Uprise to Handstand	Swing to Handstand	Swing to Handstand, Reverse Pivot	Front-Uprise, Swing to Handstand (2 sec)	Salto Backwards Stretched Dismount
					
Technical Description	Layaway to upper-arm and swing forwards to momentary basket position. Cast forwards into back-uprise to momentary handstand.	Swing forwards and backwards to momentary handstand.	Swing forwards and backwards to handstand with 180° reverse pivot.	Layaway to upper-arm and swing forwards through to front-uprise to support and swing backwards to handstand (hold 2 seconds).	Swing forwards to salto backwards stretched dismount over the bar to stand.
Typical Deductions	Momentary basket position not shown 0.3 Legs not horizontal in upper-arm basket 0.1-0.5 Other deductions as per FIG Code of Points	Momentary HS not shown 0.3 Other deductions as per FIG Code of Points	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points

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



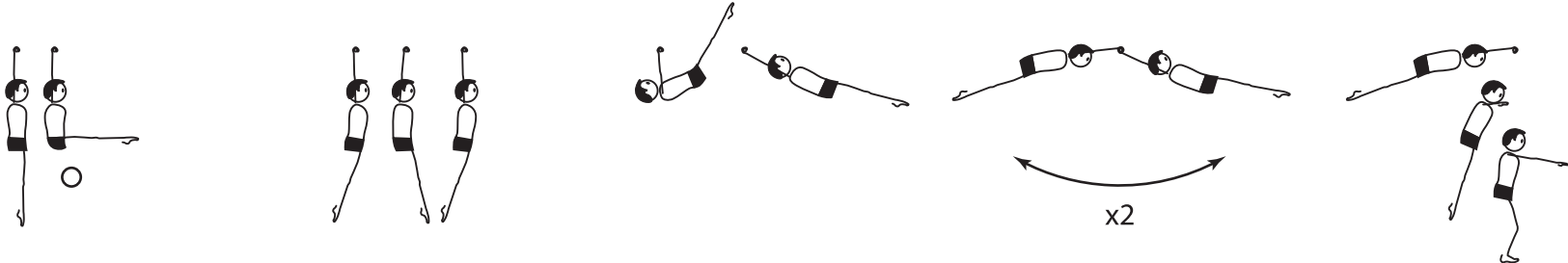
Gymnastics Australia
Men's Australian Levels Program
NATIONAL COMPETITION CURRICULUM
Horizontal Bar

HORIZONTAL BAR – LEVEL 1

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	Tucked Chin-Up Hang (2 Sec)	L-Hang	Tension Swing	Long Swing	Dismount
Technical Description	From a still hang in top grip, chin-up and lift legs to tucked chin-up position (hold 2 seconds).	Lower slowly to tucked long hang, straighten legs to momentary L-hang.	Beat backwards into tension swing. (backwards, forwards, backwards)	Swing forwards and backwards x1.	Swing forwards and backwards to release and dismount to stand.
Typical Deductions	Legs apart in lift 0.3 Lack of rhythm 0.1-0.3 Swing action 0.1-0.5 Chin not bar height At bar height 0.1 Below bar height 0.3 Head below bar 0.5 Poor tuck shape 0.1-0.5 Hold < 2 seconds 0.3 No hold 0.5	Full hang not reached before L-hang 0.3 Momentary L-hang not shown 0.3 Bent knees 0.1-0.5 Bent arms 0.1-0.5 Closed shoulders 0.1-0.5 Legs not horizontal 0.1-0.5 Feet not pointed 0.1	Bent knees 0.1-0.5 Feet not pointed 0.1-0 Poor body tension 0.1-0.5	Front Swing Bent knees 0.1-0.5 Bent hips 0.1-0.5 Legs apart 0.1-0.5 Back Swing Bent knees 0.1-0.5 Poor dish shape 0.1-0.5 Legs apart 0.1-0.5 Weak tap action 0.1-0.3 Feet not pointed 0.1	Bent knees 0.1-0.5 Legs apart 0.1-0.5 Feet not pointed 0.1 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

HORIZONTAL BAR – LEVEL 2

Item	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Skill Value	1.0	1.5	2.0	4.0	1.5
Required Skill	L-Hang	Tension Swing	Undershoot	Long Swing x2	Dismount
					
Technical Description	From a still hang in top grip, lift to momentary L-hang.	Beat backwards into tension swing. (backwards, forwards & backwards)	Lift upwards to undershoot forwards.	Swing backwards and forwards x2.	On 3 rd swing backwards, dismount to stand.
Typical Deductions	Legs apart in lift 0.3 Momentary L-hang not shown 0.3 Bent knees 0.1-0.5 Closed shoulders 0.1-0.5 Legs not horizontal 0.1-0.5 Feet not pointed 0.1	Bent knees 0.1-0.5 Feet not pointed 0.1 Poor body tension 0.1-0.5	Bent knees 0.1-0.5 Bent arms 0.1-0.5 Feet < bar height 0.1-0.5 Feet not pointed 0.1	Front Swings Bent knees 0.1-0.5 Bent hips < 45° below horizontal 0.1-0.5 Back Swings Bent knees 0.1-0.5 Poor dish shape < 45° below horizontal 0.1-0.5 Weak tap action 0.1-0.3	Bent knees 0.1-0.5 Legs apart 0.1-0.5 Swing < 45° below horizontal 0.1-0.5 Feet not pointed 0.1 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

HORIZONTAL BAR – LEVEL 3

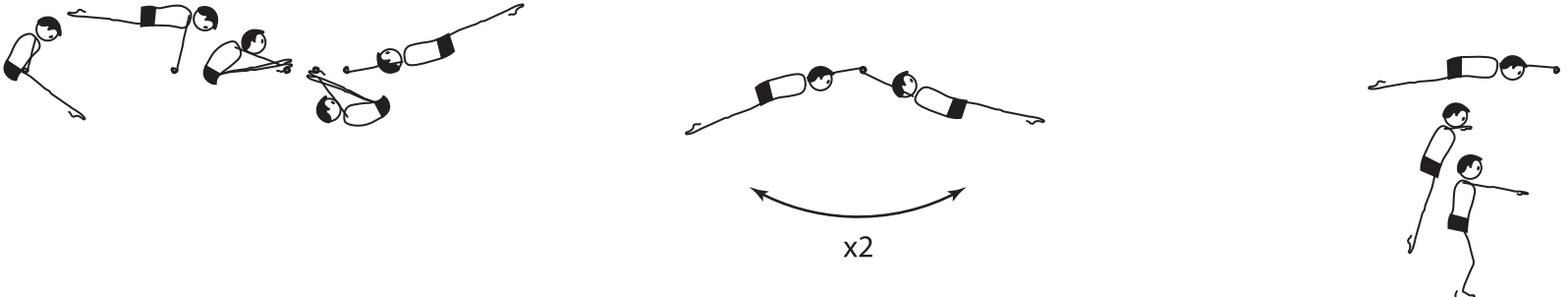
One **BONUS** skill (page 1/2)

Item	Skill 1	Skill 2	Skill 3	Skill 3 – BONUS
Skill Value	2.0	1.0	2.0	+ 0.5
Required Skill	L-Hang, Tension Swing, Undershoot	Swing Backwards	Kip (Coach Assisted)	Kip
Technical Description	From a still hang in top grip, lift legs to momentary L-hang, beat backwards and undershoot forwards.	Swing backwards to 30° below horizontal.	Glide forwards into kip to support with coach assistance.	Glide forwards into kip to support.
Typical Deductions	Legs apart in lift 0.3 Momentary L-hang not shown 0.3 Bent knees 0.1-0.5 Closed shoulders 0.1-0.5 Legs not horizontal 0.1-0.5 Poor body tension 0.1-0.5 Feet < bar height in undershoot 0.1-0.5 Feet not pointed 0.1	Bent knees 0.1-0.5 Poor dish shape 0.1-0.5 Hips < 30° below horizontal (31°-45°/46-60°/> 60°) 0.1-0.5 Feet not pointed 0.1	Bent knees 0.1-0.5 Bent arms 0.1-0.5 Feet not pointed 0.1	Bent knees 0.1-0.5 Bent arms 0.1-0.5 Feet not pointed 0.1

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

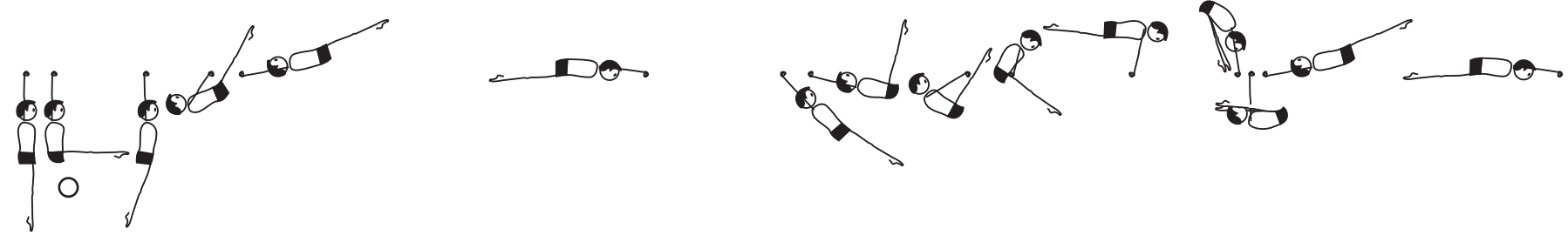
HORIZONTAL BAR – LEVEL 3

Level 3 cont. (page 2/2)

Item	Skill 4	Skill 5	Skill 6																																				
Skill Value	2.0	2.0	1.0																																				
Required Skill	Cast, Straddled Undershoot	Long Swing x2	Dismount																																				
																																							
Technical Description	Cast to horizontal and straddle legs, placing feet on the bar, and straddled undershoot forwards.	Swing backwards to 30° below horizontal and forwards to 30° below horizontal x2.	On 3 rd swing backwards to horizontal, dismount to stand.																																				
Typical Deductions	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 70%;">Cast < horizontal (1°-15°/16°-30°/> 30°)</td> <td style="width: 30%; 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>Lack of rhythm</td> <td style="text-align: right;">0.1-0.3</td> </tr> <tr> <td>Hips not bar height in undershoot (1°-15°/16°-30°/> 30°)</td> <td style="text-align: right;">0.1-0.5</td> </tr> </table>	Cast < horizontal (1°-15°/16°-30°/> 30°)	0.1-0.5	Bent knees	0.1-0.5	Lack of rhythm	0.1-0.3	Hips not bar height in undershoot (1°-15°/16°-30°/> 30°)	0.1-0.5	<table style="width: 100%; border-collapse: collapse;"> <tr> <td colspan="2" style="text-align: center;">Front Swings</td> </tr> <tr> <td style="width: 70%;">Bent knees</td> <td style="width: 30%; 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>Hips < 30° below horizontal (31°-45°/46°-60°/> 60°)</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td colspan="2" style="text-align: center;">Back Swings</td> </tr> <tr> <td>Bent knees</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>Hips < 30° below horizontal (31°-45°/46°-60°/> 60°)</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Weak tap action</td> <td style="text-align: right;">0.1-0.3</td> </tr> </table>	Front Swings		Bent knees	0.1-0.5	Bent hips	0.1-0.5	Hips < 30° below horizontal (31°-45°/46°-60°/> 60°)	0.1-0.5	Back Swings		Bent knees	0.1-0.5	Bent hips	0.1-0.5	Hips < 30° below horizontal (31°-45°/46°-60°/> 60°)	0.1-0.5	Weak tap action	0.1-0.3	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 70%;">Hips < bar height (1°-15°/16°-30°/> 30°)</td> <td style="width: 30%; 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>Bent knees</td> <td style="text-align: right;">0.1-0.5</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>	Hips < bar height (1°-15°/16°-30°/> 30°)	0.1-0.5	Legs apart	0.1-0.5	Bent knees	0.1-0.5	Steps / uncontrolled landing	0.1-0.3	Fall	1.0
Cast < horizontal (1°-15°/16°-30°/> 30°)	0.1-0.5																																						
Bent knees	0.1-0.5																																						
Lack of rhythm	0.1-0.3																																						
Hips not bar height in undershoot (1°-15°/16°-30°/> 30°)	0.1-0.5																																						
Front Swings																																							
Bent knees	0.1-0.5																																						
Bent hips	0.1-0.5																																						
Hips < 30° below horizontal (31°-45°/46°-60°/> 60°)	0.1-0.5																																						
Back Swings																																							
Bent knees	0.1-0.5																																						
Bent hips	0.1-0.5																																						
Hips < 30° below horizontal (31°-45°/46°-60°/> 60°)	0.1-0.5																																						
Weak tap action	0.1-0.3																																						
Hips < bar height (1°-15°/16°-30°/> 30°)	0.1-0.5																																						
Legs apart	0.1-0.5																																						
Bent knees	0.1-0.5																																						
Steps / uncontrolled landing	0.1-0.3																																						
Fall	1.0																																						

HORIZONTAL BAR – LEVEL 4

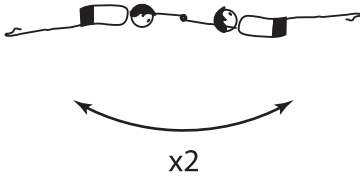
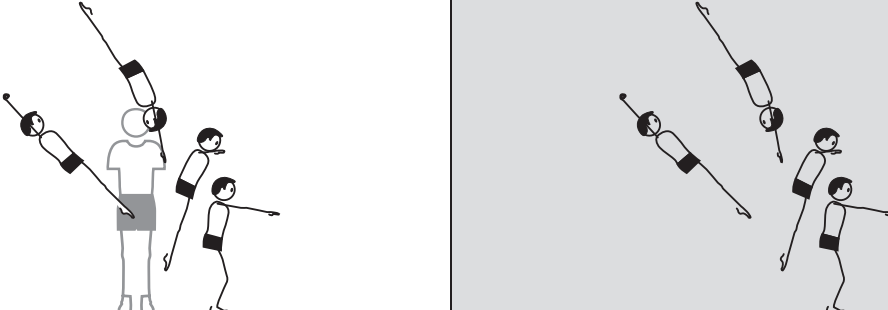
One **BONUS** skill (page 1/2)

Item	Skill 1	Skill 2	Skill 3	Skill 4																																																		
Skill Value	1.5	0.5	1.5	2.5																																																		
Required Skill	L-Hang, Tension Swing, Undershoot	Swing backwards	Kip, Cast	Stalder Undershoot, Swing Backwards																																																		
																																																						
Technical Description	From a still hang in top grip, lift legs to momentary L-hang, beat backwards and undershoot forwards.	Swing backwards to horizontal.	Glide forwards into kip to support with immediate cast to horizontal.	Straddle legs and stalder action (no feet on the bar) into undershoot forwards and swing backwards to horizontal.																																																		
Typical Deductions	<table border="0"> <tr><td>Legs apart in lift</td><td>0.3</td></tr> <tr><td>Momentary L-hang not shown</td><td>0.3</td></tr> <tr><td>Bent knees</td><td>0.1-0.5</td></tr> <tr><td>Closed shoulders</td><td>0.1-0.5</td></tr> <tr><td>Legs not horizontal</td><td>0.1-0.5</td></tr> <tr><td>Poor body tension</td><td>0.1-0.5</td></tr> <tr><td>Hips < bar height</td><td>0.1-0.5</td></tr> <tr><td>Feet not pointed</td><td>0.1</td></tr> </table>	Legs apart in lift	0.3	Momentary L-hang not shown	0.3	Bent knees	0.1-0.5	Closed shoulders	0.1-0.5	Legs not horizontal	0.1-0.5	Poor body tension	0.1-0.5	Hips < bar height	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>Poor dish shape</td><td>0.1-0.5</td></tr> <tr><td>Hips < horizontal (1°-15°/16°-30°/> 30°)</td><td>0.1-0.5</td></tr> <tr><td>Feet not pointed</td><td>0.1</td></tr> </table>	Bent knees	0.1-0.5	Poor dish shape	0.1-0.5	Hips < horizontal (1°-15°/16°-30°/> 30°)	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>Bent arms</td><td>0.1-0.5</td></tr> <tr><td>Pause in support</td><td>0.3</td></tr> <tr><td>Cast < horizontal (< 15°/16°-30°/ > 30°)</td><td>0.1-0.5</td></tr> <tr><td>Additional cast (each time)</td><td>0.3</td></tr> <tr><td>Stop in support</td><td>0.5</td></tr> </table>	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Pause in support	0.3	Cast < horizontal (< 15°/16°-30°/ > 30°)	0.1-0.5	Additional cast (each time)	0.3	Stop in support	0.5	<table border="0"> <tr><td>Feet on bar</td><td>0.5</td></tr> <tr><td>Bent knees</td><td>0.1-0.5</td></tr> <tr><td>Hips < bar height in undershoot</td><td>0.3</td></tr> <tr><td>Back Swing</td><td></td></tr> <tr><td>Poor dish shape</td><td></td></tr> <tr><td>Hips < bar height (1°-15°/16°-30°/> 30°)</td><td>0.1-0.5</td></tr> <tr><td></td><td>0.1-0.5</td></tr> </table>	Feet on bar	0.5	Bent knees	0.1-0.5	Hips < bar height in undershoot	0.3	Back Swing		Poor dish shape		Hips < bar height (1°-15°/16°-30°/> 30°)	0.1-0.5		0.1-0.5
Legs apart in lift	0.3																																																					
Momentary L-hang not shown	0.3																																																					
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Poor dish shape	0.1-0.5																																																					
Hips < horizontal (1°-15°/16°-30°/> 30°)	0.1-0.5																																																					
Feet not pointed	0.1																																																					
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Back Swing																																																						
Poor dish shape																																																						
Hips < bar height (1°-15°/16°-30°/> 30°)	0.1-0.5																																																					
	0.1-0.5																																																					

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

HORIZONTAL BAR – LEVEL 4

Level 4 cont. (page 2/2)

Item	Skill 5	Skill 6	Skill 6 – BONUS																																
Skill Value	2.0	2.0	+ 0.5																																
Required Skill	Long Swing x2	Salto Backwards Stretched Dismount (Coach Assisted)	Salto Backwards Stretched Dismount																																
																																			
Technical Description	Swing forwards to bar height and backwards to bar height x2.	Swing forwards into salto backwards stretched dismount to stand with coach assistance.	Swing forwards into salto backwards stretched dismount to stand.																																
Typical Deductions	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;">Front Swings</td> <td></td> </tr> <tr> <td>Bent hips</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Hips < bar height (1°-15°/16°-30°/> 30°)</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td style="text-align: center;">Back Swings</td> <td></td> </tr> <tr> <td>Poor dish shape</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Hips < bar height (1°-15°/16°-30°/> 30°)</td> <td style="text-align: right;">0.1-0.5</td> </tr> </table>	Front Swings		Bent hips	0.1-0.5	Hips < bar height (1°-15°/16°-30°/> 30°)	0.1-0.5	Back Swings		Poor dish shape	0.1-0.5	Hips < bar height (1°-15°/16°-30°/> 30°)	0.1-0.5	<table style="width: 100%; border-collapse: collapse;"> <tr> <td>Lack of height (hips below bar)</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Poor body position</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>	Lack of height (hips below bar)	0.1-0.5	Poor body position	0.1-0.5	Feet not pointed	0.1	Steps / uncontrolled landing	0.1-0.3	Fall	1.0	<table style="width: 100%; border-collapse: collapse;"> <tr> <td>Lack of height (hips below bar)</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Poor body position</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>	Lack of height (hips below bar)	0.1-0.5	Poor body position	0.1-0.5	Feet not pointed	0.1	Steps / uncontrolled landing	0.1-0.3	Fall	1.0
Front Swings																																			
Bent hips	0.1-0.5																																		
Hips < bar height (1°-15°/16°-30°/> 30°)	0.1-0.5																																		
Back Swings																																			
Poor dish shape	0.1-0.5																																		
Hips < bar height (1°-15°/16°-30°/> 30°)	0.1-0.5																																		
Lack of height (hips below bar)	0.1-0.5																																		
Poor body position	0.1-0.5																																		
Feet not pointed	0.1																																		
Steps / uncontrolled landing	0.1-0.3																																		
Fall	1.0																																		
Lack of height (hips below bar)	0.1-0.5																																		
Poor body position	0.1-0.5																																		
Feet not pointed	0.1																																		
Steps / uncontrolled landing	0.1-0.3																																		
Fall	1.0																																		

HORIZONTAL BAR – LEVEL 5

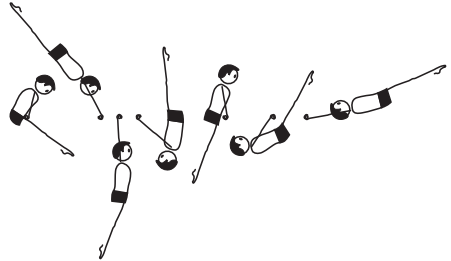
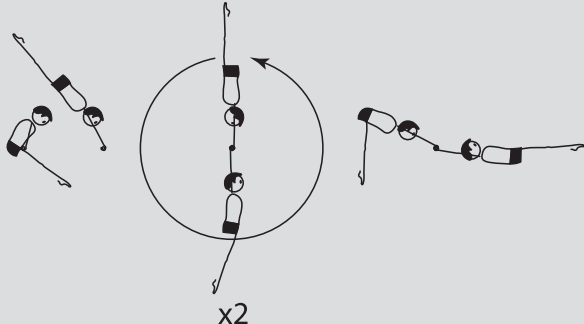
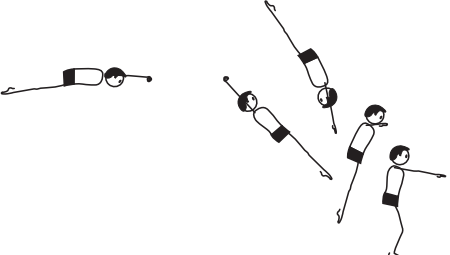
Two BONUS skills (page 1/2)

Item	Skill 1	Skill 2	Skill 3																														
Skill Value	1.0	2.5	1.0																														
Required Skill	L-Hang, Tension Swing, Undershoot	Long Swing, Endo Mount	Kip																														
Technical Description	From a still hang in top grip, lift legs to momentary L-hang, beat backwards and undershoot forwards.	Swing backwards and forwards through into endo mount and push away to hang.	Glide forwards and kip to support. NB: No deduction for pause after kip																														
Typical Deductions	<table style="width: 100%; border-collapse: collapse;"> <tr><td>Legs apart in lift</td><td style="text-align: right;">0.3</td></tr> <tr><td>Momentary L-hang not shown</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>Closed shoulders</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Legs not horizontal</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Poor body tension</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Hips < bar height in undershoot</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>	Legs apart in lift	0.3	Momentary L-hang not shown	0.3	Bent knees	0.1-0.5	Closed shoulders	0.1-0.5	Legs not horizontal	0.1-0.5	Poor body tension	0.1-0.5	Hips < bar height in undershoot	0.3	Feet not pointed	0.1	<table style="width: 100%; border-collapse: collapse;"> <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>Hips below bar height after endo</td><td style="text-align: right;">0.3</td></tr> <tr><td>Feet touch bar</td><td style="text-align: right;">0.1</td></tr> <tr><td>Legs not together before downward swing after endo</td><td style="text-align: right;">0.3</td></tr> </table>	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Hips below bar height after endo	0.3	Feet touch bar	0.1	Legs not together before downward swing after endo	0.3	<table style="width: 100%; border-collapse: collapse;"> <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> </table>	Bent knees	0.1-0.5	Bent arms	0.1-0.5
Legs apart in lift	0.3																																
Momentary L-hang not shown	0.3																																
Bent knees	0.1-0.5																																
Closed shoulders	0.1-0.5																																
Legs not horizontal	0.1-0.5																																
Poor body tension	0.1-0.5																																
Hips < bar height in undershoot	0.3																																
Feet not pointed	0.1																																
Bent knees	0.1-0.5																																
Bent arms	0.1-0.5																																
Hips below bar height after endo	0.3																																
Feet touch bar	0.1																																
Legs not together before downward swing after endo	0.3																																
Bent knees	0.1-0.5																																
Bent arms	0.1-0.5																																

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

HORIZONTAL BAR – LEVEL 5

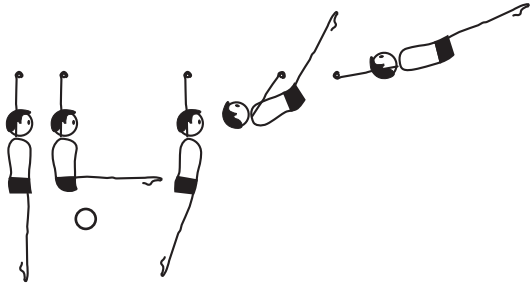
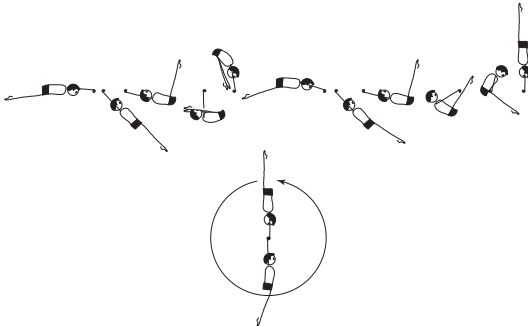
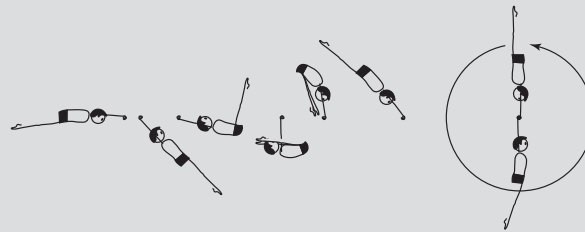
Level 5 cont. (page 2/2)

Item	Skill 4	Skill 4 – BONUS	Skill 5																																								
Skill Value	3.5	+ 1.0	2.0																																								
Required Skill	Cast, ¾ Giant Swing to Undershoot	Cast, Backward Giant x2*, Kill Swing	Swing Backwards, Salto Backwards Stretched Dismount																																								
																																											
Technical Description	Cast to 45° above horizontal. Swing forwards to ¾ giant swing through support to immediate undershoot forwards.	Cast to 45° above horizontal. Giant swing backwards x2 (minimum). Pike down into swing forwards.	Swing backwards to horizontal and swing forwards into salto backwards stretched dismount to stand.																																								
Typical Deductions	<table style="width: 100%; border: none;"> <tr> <td style="width: 70%;">Cast < 45° above horizontal (44°-30°/29°-15°/< 15°)</td> <td style="width: 30%; 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>Legs apart</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Poor body 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>Hips < bar height in undershoot</td> <td style="text-align: right;">0.3</td> </tr> </table>	Cast < 45° above horizontal (44°-30°/29°-15°/< 15°)	0.1-0.5	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Legs apart	0.1-0.5	Poor body shape	0.1-0.5	Lack of rhythm	0.1-0.3	Hips < bar height in undershoot	0.3	<table style="width: 100%; border: none;"> <tr> <td style="width: 70%;">Cast < 45° above horizontal (44°-30°/29°-15°/< 15°)</td> <td style="width: 30%; 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>Legs apart</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Poor body shape</td> <td style="text-align: right;">0.1-0.5</td> </tr> </table>	Cast < 45° above horizontal (44°-30°/29°-15°/< 15°)	0.1-0.5	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Legs apart	0.1-0.5	Poor body shape	0.1-0.5	<table style="width: 100%; border: none;"> <tr> <td colspan="2" style="text-align: center;">Back Swing</td> </tr> <tr> <td>Hips below horizontal (1°-15°/16°-30°/> 30°)</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td colspan="2" style="text-align: center;">Dismount</td> </tr> <tr> <td>Lack of height (hips below bar)</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Poor body position</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>	Back Swing		Hips below horizontal (1°-15°/16°-30°/> 30°)	0.1-0.5	Dismount		Lack of height (hips below bar)	0.1-0.5	Poor body position	0.1-0.5	Feet not pointed	0.1	Steps / uncontrolled landing	0.1-0.3	Fall	1.0
Cast < 45° above horizontal (44°-30°/29°-15°/< 15°)	0.1-0.5																																										
Bent knees	0.1-0.5																																										
Bent arms	0.1-0.5																																										
Legs apart	0.1-0.5																																										
Poor body shape	0.1-0.5																																										
Lack of rhythm	0.1-0.3																																										
Hips < bar height in undershoot	0.3																																										
Cast < 45° above horizontal (44°-30°/29°-15°/< 15°)	0.1-0.5																																										
Bent knees	0.1-0.5																																										
Bent arms	0.1-0.5																																										
Legs apart	0.1-0.5																																										
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Hips below horizontal (1°-15°/16°-30°/> 30°)	0.1-0.5																																										
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Feet not pointed	0.1																																										
Steps / uncontrolled landing	0.1-0.3																																										
Fall	1.0																																										

* No D-Jury deductions for additional giant swings; E-Jury deductions still apply

HORIZONTAL BAR – LEVEL 6

Two BONUS skills (page 1/2)

Item	Skill 1	Skill 2	Skill 2 – BONUS																																																				
Skill Value	1.0	3.0	+ 0.5																																																				
Required Skill	L-Hang, Tension Swing, Undershoot	Long Swing, Endo Mount, Kip, Backward Giant x1*	Long Swing, Endo Mount, Backward Giant x1*																																																				
																																																							
Technical Description	From a still hang in top grip, lift legs to momentary L-hang, beat backwards and undershoot forwards.	Swing backwards and forwards through into endo mount to above horizontal and push away to hang. Glide forwards, kip cast to handstand and giant swing backwards x1 (minimum).	Swing backwards and forwards through into endo mount to above horizontal and immediately swing forwards into giant swing backwards x1 (minimum).																																																				
Typical Deductions	<table style="width: 100%; border-collapse: collapse;"> <tr><td>Legs apart in lift</td><td style="text-align: right;">0.3</td></tr> <tr><td>Momentary L-hang not shown</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>Closed shoulders</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Legs not horizontal</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Poor body tension</td><td style="text-align: right;">0.1-0.5</td></tr> <tr><td>Hips < bar height in undershoot</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>	Legs apart in lift	0.3	Momentary L-hang not shown	0.3	Bent knees	0.1-0.5	Closed shoulders	0.1-0.5	Legs not horizontal	0.1-0.5	Poor body tension	0.1-0.5	Hips < bar height in undershoot	0.3	Feet not pointed	0.1	<table style="width: 100%; border-collapse: collapse;"> <tr><th colspan="2" style="text-align: center;">Back Swing</th></tr> <tr><td>Hips below horizontal (1°-15°/16°-30°/> 30°)</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>Lack of rhythm</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td colspan="2"> </td></tr> <tr><td>Hips below horizontal after endo</td><td style="text-align: right;">0.3</td></tr> <tr><td>Legs not together before downward swing after endo</td><td style="text-align: right;">0.3</td></tr> <tr><td>Pause after kip</td><td style="text-align: right;">0.3</td></tr> <tr><td>Cast > 15° below horizontal (16°-30°/31°-45°/> 45°)</td><td style="text-align: right;">0.1-0.5</td></tr> </table>	Back Swing		Hips below horizontal (1°-15°/16°-30°/> 30°)	0.1-0.5	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Lack of rhythm	0.1-0.3			Hips below horizontal after endo	0.3	Legs not together before downward swing after endo	0.3	Pause after kip	0.3	Cast > 15° below horizontal (16°-30°/31°-45°/> 45°)	0.1-0.5	<table style="width: 100%; border-collapse: collapse;"> <tr><th colspan="2" style="text-align: center;">Back Swing</th></tr> <tr><td>Hips below horizontal (1°-15°/16°-30°/> 30°)</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>Lack of rhythm</td><td style="text-align: right;">0.1-0.3</td></tr> <tr><td colspan="2"> </td></tr> <tr><td>Hips below horizontal after endo</td><td style="text-align: right;">0.3</td></tr> <tr><td>Legs not together before downward swing after endo</td><td style="text-align: right;">0.3</td></tr> </table>	Back Swing		Hips below horizontal (1°-15°/16°-30°/> 30°)	0.1-0.5	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Lack of rhythm	0.1-0.3			Hips below horizontal after endo	0.3	Legs not together before downward swing after endo	0.3
Legs apart in lift	0.3																																																						
Momentary L-hang not shown	0.3																																																						
Bent knees	0.1-0.5																																																						
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Back Swing																																																							
Hips below horizontal (1°-15°/16°-30°/> 30°)	0.1-0.5																																																						
Bent knees	0.1-0.5																																																						
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Pause after kip	0.3																																																						
Cast > 15° below horizontal (16°-30°/31°-45°/> 45°)	0.1-0.5																																																						
Back Swing																																																							
Hips below horizontal (1°-15°/16°-30°/> 30°)	0.1-0.5																																																						
Bent knees	0.1-0.5																																																						
Bent arms	0.1-0.5																																																						
Lack of rhythm	0.1-0.3																																																						
Hips below horizontal after endo	0.3																																																						
Legs not together before downward swing after endo	0.3																																																						

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

* No D-Jury deductions for additional giant swings; E-Jury deductions still apply

HORIZONTAL BAR – LEVEL 6

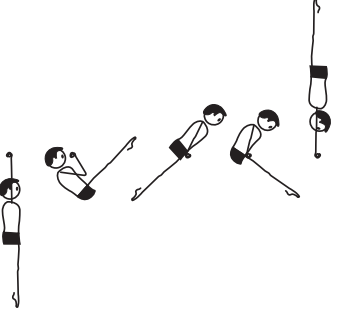
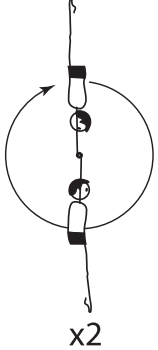
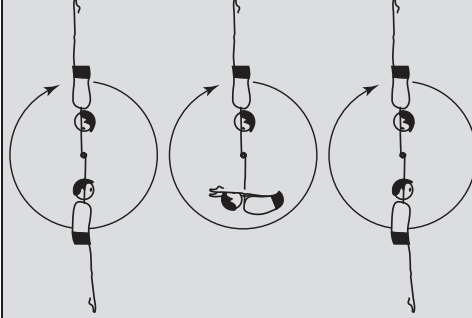
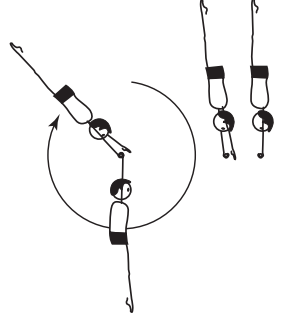
Level 6 cont. (page 2/2)

Item	Skill 3	Skill 4	Skill 5	Skill 5 – BONUS
Skill Value	1.5	2.0	2.5	+ 0.5
Required Skill	Swing ½ Turn	Backward Giant x2*	Kill Swing to Long Swing, Salto Backwards Stretched Dismount	Salto Backwards Stretched Dismount
Technical Description	Swing forwards with ½ turn to 45° above horizontal.	Giant swing backwards x2 (minimum).	Pike down from handstand to a kill swing forwards and backwards. Swing forwards into salto backwards stretched dismount to stand.	Swing forwards into salto backwards stretched dismount to stand.
Typical Deductions	Turn < 45° above horizontal 0.1-0.5 (44°-30°/29°-15°/< 15°) Legs apart 0.1-0.5 Bent knees 0.1-0.5 Feet not pointed 0.1	Bent arms 0.1-0.5 Bent knees 0.1-0.5 Poor body tension 0.1-0.5 Not through handstand 0.1-0.5	Front and Back Swings Hips below horizontal 0.1-0.5 (1°-15°/16°-30°/> 30°) Dismount Lack of height (hips below bar) 0.1-0.5 Poor body position 0.1-0.5 Feet not pointed 0.1 Steps / uncontrolled landing 0.1-0.3 Fall 1.0	Lack of height (hips below bar) 0.1-0.5 Poor body position 0.1-0.5 Feet not pointed 0.1 Steps / uncontrolled landing 0.1-0.3 Fall 1.0

* No D-Jury deductions for additional giant swings; E-Jury deductions still apply

HORIZONTAL BAR – LEVEL 7 u/13

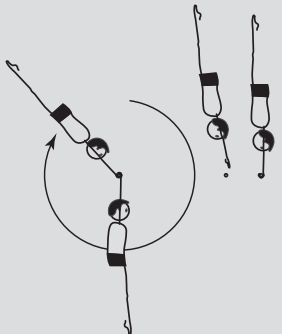
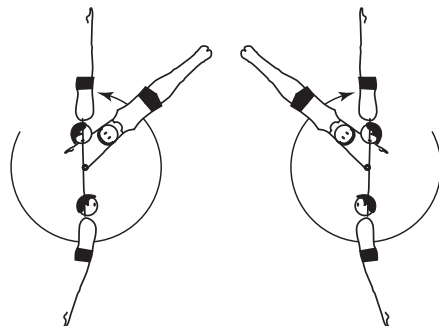
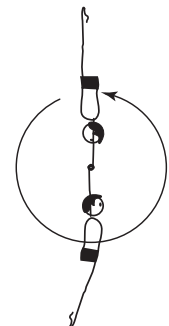
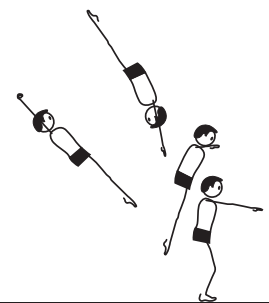
Two BONUS skills (page 1/2)

Item	Skill 1	Skill 2	Skill 2 – BONUS	Skill 3																																										
Skill Value	1.0	2.0	+ 0.5	1.0																																										
Required Skill	Reverse Grip Chin-Up Pullover, Cast to Handstand	Forward Giant x2*	Forward Giant x1*, Endo, Forward Giant x1*	Change to Top Grip																																										
																																														
Technical Description	From hang in undergrip, chin-up and pullover to support. Cast to handstand.	Giant swing forwards x2 (minimum).	Giant swing forwards x1 (minimum), Endo over the bar and giant swing forwards x1 (minimum).	Swing backwards to handstand and step change one hand at a time to top grip.																																										
Typical Deductions	<table border="0"> <tr><td>Legs apart in lift</td><td>0.3</td></tr> <tr><td>Bent knees in pullover</td><td>0.1-0.5</td></tr> <tr><td>Bent knees in cast</td><td>0.1-0.5</td></tr> <tr><td>Bent arms in cast</td><td>0.1-0.5</td></tr> <tr><td>Additional cast</td><td>0.5</td></tr> <tr><td>Feet not pointed</td><td>0.1</td></tr> <tr><td>Cast not through handstand</td><td>0.1-0.5</td></tr> <tr><td>Fall onto bar after cast</td><td>1.0</td></tr> </table>	Legs apart in lift	0.3	Bent knees in pullover	0.1-0.5	Bent knees in cast	0.1-0.5	Bent arms in cast	0.1-0.5	Additional cast	0.5	Feet not pointed	0.1	Cast not through handstand	0.1-0.5	Fall onto bar after cast	1.0	<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 tension</td><td>0.1-0.5</td></tr> <tr><td>Not through handstand</td><td>0.1-0.5</td></tr> </table>	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Poor body tension	0.1-0.5	Not through handstand	0.1-0.5	<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 tension</td><td>0.1-0.5</td></tr> <tr><td>Endo entry > 15° from HS (16°-30°/31°-45°/> 45°)</td><td>0.1-0.5</td></tr> <tr><td>Endo exit > 15° from HS (16°-30°/31°-45°/> 45°)</td><td>0.1-0.5</td></tr> <tr><td>Feet touch bar</td><td>0.1</td></tr> <tr><td>Feet on bar</td><td>0.5</td></tr> </table>	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Poor body tension	0.1-0.5	Endo entry > 15° from HS (16°-30°/31°-45°/> 45°)	0.1-0.5	Endo exit > 15° from HS (16°-30°/31°-45°/> 45°)	0.1-0.5	Feet touch bar	0.1	Feet on bar	0.5	<table border="0"> <tr><td>Grip change > 15° from HS (16°-30°/31°-45°/> 45°)</td><td>0.1-0.5</td></tr> <tr><td>Legs apart</td><td>0.1-0.5</td></tr> </table>	Grip change > 15° from HS (16°-30°/31°-45°/> 45°)	0.1-0.5	Legs apart	0.1-0.5
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Legs apart	0.1-0.5																																													

* No D-Jury deductions for additional giant swings; E-Jury deductions still apply

HORIZONTAL BAR – LEVEL 7 u/13

Level 7 cont. (page 2/2)

Item	Skill 3	Skill 4	Skill 5	Skill 6																																
Skill Value	+ 0.5	2.0	2.0	2.0																																
Required Skill	Reverse Hop to Top Grip	Swing ½ Turn x2	Backward Giant x2*	Salto Backwards Stretched Dismount																																
			 <p style="text-align: center;">x2</p>																																	
Technical Description	Swing backwards to handstand and hop both hands to top grip simultaneously.	Swing forwards with ½ turn to handstand x2.	Giant swing backwards x2 (minimum).	Swing forwards into salto backwards stretched dismount to stand.																																
Typical Deductions	<table border="0"> <tr> <td>Hop change > 15° from HS (16°-30°/31°-45°/> 45°)</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Change not simultaneous</td> <td style="text-align: right;">0.1</td> </tr> <tr> <td>Legs apart</td> <td style="text-align: right;">0.1-0.5</td> </tr> </table>	Hop change > 15° from HS (16°-30°/31°-45°/> 45°)	0.1-0.5	Change not simultaneous	0.1	Legs apart	0.1-0.5	<table border="0"> <tr> <td>Turns > 30° from handstand (31°-45°/45°-60°/> 60°)</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>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> </table>	Turns > 30° from handstand (31°-45°/45°-60°/> 60°)	0.1-0.5	Legs apart	0.1-0.5	Bent knees	0.1-0.5	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>Poor body tension</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Not through handstand</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 tension	0.1-0.5	Not through handstand	0.1-0.5	<table border="0"> <tr> <td>Lack of height (hips below bar)</td> <td style="text-align: right;">0.1-0.5</td> </tr> <tr> <td>Poor body position</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>	Lack of height (hips below bar)	0.1-0.5	Poor body position	0.1-0.5	Feet not pointed	0.1	Steps / uncontrolled landing	0.1-0.3	Fall	1.0
Hop change > 15° from HS (16°-30°/31°-45°/> 45°)	0.1-0.5																																			
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* No D-Jury deductions for additional giant swings; E-Jury deductions still apply

HORIZONTAL BAR – LEVEL 8 u/14

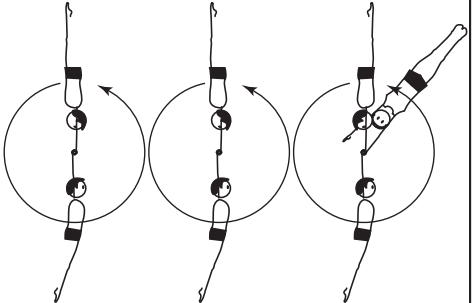
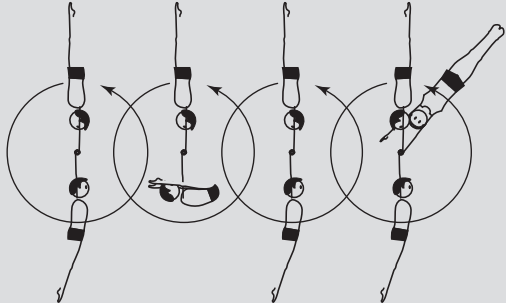
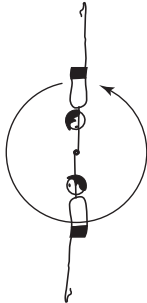
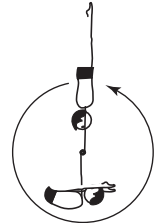
Three BONUS skills (page 1/3)

Item	Skill 1	Skill 2	Skill 3	Skill 3 - BONUS
Skill Value	0.5	1.0	1.5	+ 0.5
Required Skill	Back-Uprise	Clear-Hip Circle	Swing ½ Turn. Hop ½ Turn	Hop ½ Turn x2
Technical Description	Using any technique to start, back-uprise to 45° above horizontal.	Immediate clear-hip circle to handstand.	Swing ½ turn to 30° from handstand, swing hop ½ turn to 30° from handstand.	Swing hop ½ turn to 30° from handstand x2.
Typical Deductions	Uprise < 45° above horizontal (44°-30°/29°-15°/ < 15°) 0.1-0.5 Other deductions as per FIG Code of Points	Deductions as per FIG Code of Points	Turns < 30° from handstand (31°-45°/45°-60°/> 60°) 0.1-0.5 No hop in second turn 0.3 Other deductions as per FIG Code of Points	Turns < 30° from handstand (31°-45°/45°-60°/> 60°) 0.1-0.5 Other deductions as per FIG Code of Points

* No D-Jury deductions for additional giant swings; E-Jury deductions still apply

HORIZONTAL BAR – LEVEL 8 u/14

Level 8 cont. (page 2/3)

Item	Skill 4	Skill 4 - BONUS	Skill 5	Skill 6
Skill Value	2.0	+ 0.5	1.0	1.0
Required Skill	Backward Giant x2*, Blind Change	Backward Giant x1*, Stalder, Backward Giant x1*, Blind Change	Forward Giant x1*	Endo
				
Technical Description	<p>Giant swing backwards x2 (minimum) followed by giant swing backwards with ½ turn over the bar to reverse grip (Blind Change).</p> <p>NB: 3 giant swings, the 3rd with a ½ turn</p>	<p>Giant swing backwards x1 (minimum) and stalder circle to handstand. Giant swing backwards x1 (minimum) followed by giant swing backwards with ½ turn over the bar to reverse grip (Blind Change).</p> <p>NB: 2 giant swings after the stalder, the 2nd with a ½ turn</p>	Giant swing forwards x1 (minimum).	Endo circle to handstand.
Typical Deductions	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points

* No D-Jury deductions for additional giant swings; E-Jury deductions still apply

HORIZONTAL BAR – LEVEL 8 u/14

Level 8 cont. (page 3/3)

Item	Skill 7	Skill 8	Skill 9	Skill 9 - BONUS
Skill Value	1.0	1.0	1.0	+ 0.5
Required Skill	Forward Giant x1*, Top Change	Backward Giant x2*	Salto Backwards Stretched Dismount	Double Salto Backwards Tucked Dismount
	<p>The diagrams show the execution of three skills on a horizontal bar. Skill 7 consists of two forward giant swings, with the second swing including a half-turn to a top grip. Skill 8 shows two backward giant swings. Skill 9 illustrates a salto backwards stretched dismount, where the gymnast performs a back salto and lands on their feet with arms stretched.</p>			<p>The diagram shows a double salto backwards tucked dismount, where the gymnast performs two consecutive back saltos in a tucked position before landing on their feet.</p>
Technical Description	Giant swing forwards x1 (minimum) followed by giant swing forwards with ½ turn over the bar to top grip (Top Change). NB: 2 giant swings, the 2nd with a ½ turn	Giant swing backwards x2 (minimum).	Salto backwards stretched dismount to stand.	Double salto backwards tucked dismount to stand.
Typical Deductions	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points	Deductions as per FIG Code of Points

* No D-Jury deductions for additional giant swings; E-Jury deductions still apply