



# Gymnastics NSW

## 2023 State Levels

### Manual & Information

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## State Levels Manual

This program is modelled from the Gymnastics Australia Australian Levels Program and has been structured to provide gymnasts with inclusive, attainable and challenging sport program for gymnasts who may train limited hours, are looking for a more participation-based program or do not desire to compete on all apparatus. These gymnasts may specialize on one, two or three apparatus and/or overall.

The State Levels program aims to provide appropriate pathways to allow gymnasts, irrespective of their ability, to develop to their full athletic potential, facilitating athletes to progress through the pathway at their own pace.

Gymnasts may begin and remain in the State Levels program, or may transition at any time into the Australian Levels Program or vice versa.

The State Levels program is available in Levels 3-10 and will be banded at all levels.

### Competitions

NSW sanctioned club competitions, Region competitions & Country Championships may host level 3-10 State Levels within the event which will serve as qualifying competitions for the State Levels Championships. Only one state championships is permitted within the calendar year, with the exception of levels 8-10 where they may compete in State Levels Championships even if they have competed in the State Championships held at the beginning of the year.

All compulsory music will be provided by GNSW for use at GNSW run competitions and is the same as the ALP music for each of the levels.

Music for L 7 - 10 must be submitted via the [JotForm](#).

### State Levels Requirements

All deductions and apparatus specifications (unless otherwise listed below) will be as per the Australian Levels Program (ALP).

### Key Focuses and Initiatives

- Increase participation and provide support for clubs so that there is real growth in the sport
- Provide an avenue for gymnasts who train reduced hours or are not seeking qualification or participation in national events or capped State events

### Progression and Transitions

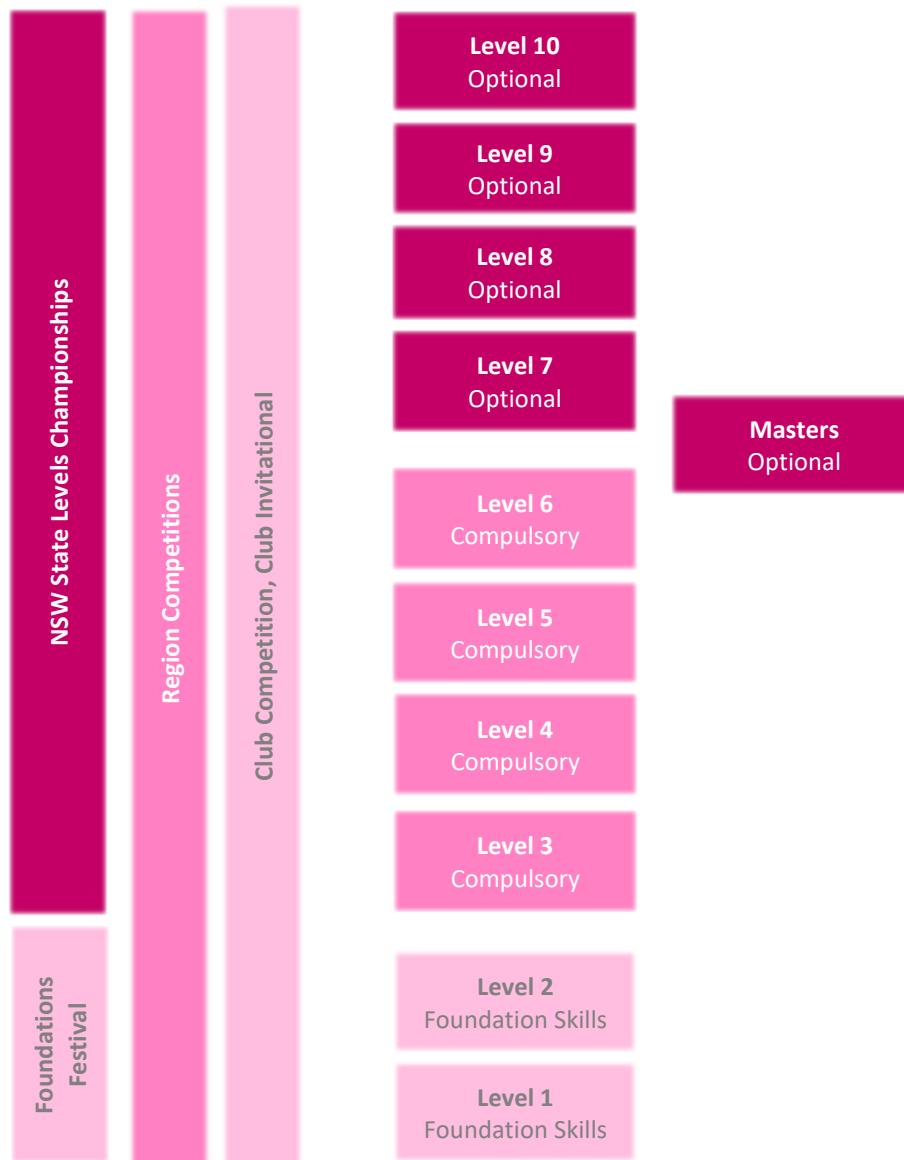
Clubs and coaches will have the flexibility to be able to allocate gymnasts into the level they deem most appropriate for the gymnast. This will mean that in the event it is most appropriate for a gymnast to potentially compete in a level lower than the level they have previously competed this will not require any approval. We trust that coaches will act in the best interest of the gymnast.

Only one state championships is permitted within the calendar year.

### Coach Assistance

**For Levels 3 - 6 coaches must stand in between the bars to spot the routines for Bars.** In all other cases, the regulations indicated in the CoP or ALP will apply to coaches on the podium and spotting skills.

# NSW Competition Framework



## Score Queries

Coaches are allowed to query the D-Score of a gymnast's routine by completing the Query sheet available from the Jury and returning the completed form to them. This must be done in a timely manner after the display of the D-Score.

## Age Divisions

There will be no age divisions in the State Levels program.

## Warm-up Regulations

- Please refer to Australian Levels Manual and the FIG Code of Points for warm-up regulations.
- Each competing gymnast is entitled to a touch warm-up period immediately prior to the competition on all apparatus in accordance with the Technical Regulations that govern that competition.
- 30 seconds on all apparatus except Uneven Bars, minimum of 2 vaults.
- 50 seconds on Uneven Bars - includes bar preparation.
- In mixed groups the warm-up time belongs personally to the gymnast. The order of warm-up should be the same as the order of competition, unless there are apparatus alterations or other extenuating circumstances.
- If a gymnast is still on the apparatus when the judges signal the end of the warm-up period, they may complete the element or sequence started. Following the warm-up period or during the 'competition pause', the apparatus may be prepared but not used.
- There will be a signal to start from the Head Judge 30 seconds before their exercise is expected to begin.

	<b>Vault</b>	<b>Bars</b>	<b>Beam</b>	<b>Floor</b>
Level 3 & 4	2 Vaults	1 routine	30 seconds *	one routine
Level 5	2 Vaults	1 touch	45 seconds *	3 mins per group up to 8 gymnasts
Level 6	2 Vaults	maximum 2 touches	45 seconds *	3 mins per group up to 8 gymnasts
Level 7	2 Vaults	maximum 2 touches	1 Minute per gymnast ^	3 mins per group up to 8 gymnasts
Level 8-10	2 Vaults 3 Vaults if with salto #	maximum 3 touches	1 Minute per gymnast ^	3 mins per group up to 8 gymnasts

^ not accumulated where there are multiple gymnasts from one club, can get on and off the apparatus multiple times within the minute

\* may be done on a different beam

# additional warmup for salto vault may be provided at the discretion of the panel

## Levels 7-10

Determination of D Score for Level 7 - 10

Difficulty values:

6-8 elements (dependent on the level) including dismount will be counted on each apparatus

A	B	C	D	E
0.1	0.2	0.3	0.4	0.5

Level	Number of counting elements
7	6
8	7
9	8
10	8

One element in the exercise may be repeated for value.

### Composition Requirements:

A 2.50 value is awarded for Composition Requirements. For routines which contain less than 4 CR's 0.5 will be deducted for each missed CR.

These are specifically listed for each level on each apparatus.

### Short Exercise

The D Panel will take the appropriate neutral deduction (penalty) for a short exercise from the Final Score as detailed below for each respective level.

	Level 7	Level 8	Level 9 & 10
5 - 8 elements	No deduction	No deduction	No deduction
4 elements	No deduction	No deduction	2.00 P
3 elements	No deduction	2.00 P	4.00 P
2 elements	2.00 P	4.00 P	6.00 P
1 element	4.00 P	6.00 P	8.00 P
0 elements	10.00 P	10.00 P	10.00 P

### Bonus

Bonus has been created to reward difficult and unique combinations of elements. There is specific bonus listed for each apparatus and is only awarded in Levels 8, 9 and 10.

## Vault

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

## Bars

- Less than 4 CR's minus 0.5 for each missed CR

CR	Level 7 6 counting elements	Level 8 7 counting elements	Level 9 8 counting elements	Level 10 8 counting elements
<b>CR1</b>	Bar Change	Bar change	Flight element or Element with reverse grip	Flight element (separate to CR 2) or Element with reverse grip
<b>CR2</b>	No requirement (0.5 awarded free)	Element with flight or Element with LA turn (excluding mount and dismount)	Flight element (separate to CR 1) or Element with LA turn excluding mount and dismount	Flight element on the same bar or HB to LB flight element
<b>CR3</b>	Close bar circle element to above horizontal	Close bar circle element to 45° above horizontal	Close bar circle element to within 30° of handstand	Close bar circle element to handstand
<b>CR4</b>	Element to or through handstand	Element to or through handstand	2 different elements to or through handstand	Element with LA turn (min 180°) excluding mount and dismount
<b>CR5</b>	0.5 Back salto dismount (flyaway) 0.3 A or more dismount	0.5 Stretched back salto (flyaway) or double back salto dismount 0.3 B or more dismount 0.3 Back salto dismount (flyaway)	0.5 B or more dismount 0.3 A salto dismount	0.5 C or more dismount 0.3 B dismount
<b>BONUS</b>				
	No Bonus	0.2 Maximum Bonus	0.6 Maximum Bonus	Unlimited Bonus
		0.2 Giant circle	0.4 D or more flight element (excluding dismount)	0.2 D or more flight element on same bar
			0.2 Double salto dismount	0.2 D or more salto dismount
			0.2 Non-flight element with minimum 360° LA turn	
			0.2 C + C or more (must be different)	
10cm additional mat permitted for any flight or transition elements				



## Beam

- Less than 4 CR's minus 0.5 for each missed CR

CR	Level 7 6 counting elements	Level 8 7 counting elements	Level 9 8 counting elements	Level 10 8 counting elements
<b>CR1</b>	One connection of at least 2 different dance elements, one being a leap or jump with 180 split (cross or side) or straddle position			
<b>CR2</b>	Turn (Group 3) or Rolls/Flairs (see skill numbers below)			
<b>CR3</b>	Acro flight element	Acro series One element with flight	Acro series 2 flight elements OR 2 acro elements on being salto	Acro series 2 flight elements, one being salto OR 2 flight elements in rebounding connection
<b>CR4</b>	Separate acro requirement - If mount, min B	Separate acro requirement - If mount, min B - Clear pike 'V' hold not permitted	Separate acro requirement - If mount, min B - Clear pike 'V' hold not permitted	Acrobatic element in different directions (forward or sideways and backward element) - Cannot be static - Cannot be mount or dismount
<b>CR5</b>	0.5 Salto dismount connected directly to acro element  0.5 B salto or more dismount 0.3 A Salto dismount Element preceding dismount must be separate from CR3	0.5 Salto dismount directly connected to acro flight element  0.5 B salto or more dismount 0.3 A Salto dismount Element preceding dismount must be separate from CR3	0.5 B or more Salto dismount directly connected to acro flight element that lands on two feet 0.5 C salto or more dismount 0.3 B Salto dismount 0.3 salto dismount directly connected to acro flight element that lands on 2 feet	0.5 B or more Salto dismount directly connected to acro flight element that lands on two feet 0.5 C salto or more dismount 0.3 B Salto dismount 0.3 salto dismount directly connected to acro flight element that lands on 2 feet
<b>BONUS</b>				
	No Bonus	0.2 Maximum Bonus	0.6 Maximum Bonus	Unlimited Bonus
		0.2 Rebounding acro series (on the beam), both elements with flight, to land on feet	0.2 rebounding acro series with salto (on the beam), both elements with flight	
			0.2 C or more salto dismount directly connected to acro flight element that lands on 2 feet	
			0.2 C + C or more OR B + D or more Dance/mixed	
			0.2 C (salto) + B (dance) or more	
			0.2 A + C or more turns	
			0.2 B + B + C series bonus (or more)	
Coach may stand in for D dismounts or more				

- CR 1, 2 (turn), 3 and 4 must be performed on the Beam (CR4 only may include the mount unless stated otherwise)
- Acro series - no static elements permitted
- CR4 - separate acro requirement at level 7 to 9 is separate to CR3
- Rolls/flairs include elements 1.303, 1.403, 1.304, 1.207, 1.308, 1.514, 4.203, 4.204, 4.304, 4.305, 4.306, 4.307, 5.405, 5.505

## Floor

- Less than 4 CR's minus 0.5 for each missed CR

CR	Level 7 6 counting elements	Level 8 7 counting elements	Level 9 8 counting elements	Level 6 8 counting elements
CR1	A dance passage	A dance passage	A dance passage	A dance passage
CR2	Minimum of 2 acrobatic lines	Minimum of 2 Acro lines, one with 2 saltos	Minimum of 2 Acro lines, one with 2 saltos	Minimum of 2 Acro lines, one with 2 saltos, one of which is min B value
CR3	3 directly connected flight elements one of which is a backward salto to land on 2 feet	Stretched salto min B or Salto with 360° LA turn	Salto with 360° LA turn or Double BA salto	Salto with 360° LA turn or Double BA salto
CR4	Forward salto and backward salto performed within acro lines	Forward salto and backward salto performed within acro lines	Forward salto and backward salto performed within acro lines	Forward salto and backward salto performed within acro lines
CR5	0.5 Stretched salto dismount 0.3 Salto dismount	0.5 B or more salto dismount 0.3 Stretched salto	0.5 Stretched salto with min 360° LA turn OR Double back salto dismount 0.3 B or more salto dismount	0.5 C or more salto dismount 0.3 Stretched salto with min 360° LA turn
<b>BONUS</b>				
	No Bonus	0.2 Maximum Bonus	0.6 Maximum Bonus	Unlimited Bonus
		0.2 Roundoff flic flac stretched salto with minimum 360° LA turn	0.2 Any D or more acro skill	0.2 D acro skill 0.4 E or more acro skill
			0.2 Any double back salto (awarded in addition to bonus 1 above) Limited to only one double salto	0.2 Any double back salto (awarded in addition to bonus 1 above)
			0.2 Acro (salto) - direct or indirect A + C or more	0.2 Acro (salto) - direct or indirect B + C or more A + D or more A + A + C or more
			0.2 A + C or more OR B + B or more Turns only	
5cm additional mat permitted for all C or more saltos				
Definition of an acro line - must contain minimum of 2 flight elements, one of which is a salto (cannot be a standing salto)				

## Levels 3-6

### Vault

- Shortened vault run of 15m

Level 3	Level 4	Level 5	Level 6
Run, handspring to flat back landing onto 60cm or 90cm mats.	Run, handspring to flat back landing onto 90cm or 120cm mats	Run, handspring to flat back landing. Table height 105 - 125cm Matting height 100cm or 120cm	Handspring to feet. Table height 105 - 125cm

### Bars

- Level 3 and 4 - Compulsory routines, can leave out any 1 skill without deduction
- Level 5 and 6 - Compulsory routines, can leave out up to any 2 skills without deduction

Level 3	Level 4	Level 5	Level 6
From dish hold, glide swing	Glide swings x2 (straddle permitted)	Glide kip, cast to horizontal	Glide kip, cast to 45° above horizontal (no straddle cast permitted)
Pullover to front support	Pull over to front support	Back hip circle	Clear hip circle to horizontal
Cast to horizontal	Cast to horizontal x 2	Cast to squat on OR pike on OR sole circle, jump to grasp high bar	Glide kip
Back hip circle	Back hip circle	2 long swings, pullover on 3 <sup>rd</sup> swing	Cast to squat on OR pike on OR sole circle Jump to grasp high bar
Underswing dismount from hips	Climb to squat on OR cast to squat on OR sole circle, jump to grasp the high bar	Underswing (to finish at top of backward swing) Long swing (full swing forward then back).	Long kip, cast to above horizontal
Jump from a box, to grasp high bar, 3 long hang swings to release at back of the 3 <sup>rd</sup> swing	2 long swings, pullover on 3 <sup>rd</sup> swing	Swing ½ turn and release dismount (minimum height 45° below horizontal)	Long swing pullover
	Underswing dismount from hips		Underswing (to finish at top of backward swing) OPTIONAL - Long swing (full swing forward then back)
			Flyaway dismount - may be tucked, piked or stretched OR Swing ½ turn and release dismount.

## Beam

- Level 3 and 4 - Compulsory routines, can leave out any 1 skill without deduction
- Level 5 and 6 - Compulsory routines, can leave out up to any 2 skills without deduction

Level 3	Level 4	Level 5	Level 6
Jump to front support, lift leg over to straddle sit, lift to mark clear straddle position, back to straddle sit, swing legs back to squat, to stand	Jump to front support, lift leg over to straddle sit, lift to hold clear straddle position, back to straddle sit, swing legs back to squat, to stand	Jump to front support, lift leg over to straddle sit, lift to hold clear straddle position, back to straddle sit, swing legs back to front support, kneel (tuck) & stand on beam	Press to handstand <b>OR</b> Tuck through to sit <b>OR</b> Jump onto end of beam
2 x Straight jumps in series	2 x Straight jumps in series AND Split jump (135° split)	Straight jump, split jump (min 135°) series May be reversed	Tuck jump <b>OR</b> wolf jump, immediate split jump (180°) series May be reversed
Single leg vertical hop Lift one leg to min 45° and hop to land on same leg	Leap lead-up drill: Lift leg to fwd horizontal, single leg vertical hop, leap onto free leg land in demi plie	Split leap (135° split)	Split leap (180° split)
Passé in side position, move free leg to forward passé, relevé up/ down, lower free leg to 2 feet relevé, ½ turn on two feet, hold relevé for 2 seconds	1 x passé ½ turn, ½ turn on 2 feet in relevé, Relevé hold (2 seconds)	2 x passé ½ turns on the same leg, Relevé hold (2 seconds)	Full turn on 1 foot
2 step kicks forward, 2 step kicks backward	Kick to Handstand - Step in	Back walkover <b>OR</b> Forward walkover <b>OR</b> Tic Toc <b>OR</b> Cartwheel 1/4 turn	Back walkover <b>OR</b> Forward walkover <b>OR</b> Tic Toc <b>OR</b> Cartwheel 1/4 <b>OR</b> Flic flac
'L' handstand, one leg to vertical, other leg to horizontal. Finish in lunge or step in	Standing straight jump backwards from the end of the beam	Handstand hold (2 secs) to step in	Handstand hold (2 secs) immediate straight jump series
2-3 steps, punch jump dismount from end of beam. Landing surface must be no less than 60cm below the height of the beam		Cartwheel, immediate straight jump off the end of the beam <b>OR</b> Tuck front salto dismount	Cartwheel/Round off/Flic flac, immediate straight jump off <b>OR</b> Cartwheel/Round off/Flic flac, immediate tuck back salto dismount <b>OR</b> Tuck front salto dismount

## Floor

- Level 3 and 4 - Compulsory routines, can leave out any 1 skill without deduction
- Level 5 and 6 - Compulsory routines, can leave out up to any 2 skills without deduction

Level 3	Level 4	Level 5	Level 6
Forward contraction	Split leap (135°)	Split leap, split leap (180°)	Passage of Dance, one element with 180° split
Leap lead-up drill x 2 Lift leg to fwd horizontal, vertical hop, leap onto free leg land in demi plie Repeat on other leg	Straight jump, split jump (135°) May be reversed	Split jump, sissone series (both 180°) OR Split jump, straddle pike jump series (both 180°) OR Split jump, straddle jump series (both 180°)	Jump ½ turn, split jump (180°), jump ½ turn OR Jump ½ turn, straddle pike jump (180°), jump ½ turn OR Jump ½ turn, straddle jump (180°), jump ½ turn Both ½ turns must be in the same direction
Split jump (135°)	Full turn on one foot	Full turn on one foot	Full turn on one foot
1/2 turn on 1 foot, 1 turn on 2 feet	Backward roll to front support	Standing with legs together, roll to ground with straight legs, backward roll to front support	Standing with legs together, roll to ground with straight legs, backward roll to handstand
Backward roll x 2 (start & finish in squat)	Back walkover (135° split) OR Tic Toc (135° split)	Back walkover (180° split) OR Tic Toc (180° split) OR Forward walkover (180° split)	Back walkover (180° split) OR Tic Toc (180° split) OR Forward walkover (180° split) OR Aerial cartwheel (1 step entry) OR Aerial walkover (1 step entry)
Bridge kickover, showing split hstd (135°) in middle of kickover	Handspring to 2 feet, rebound straight jump	Tuck front salto OR Handspring, tuck front salto	Tuck or stretch front salto OR Handspring, tuck or stretch front salto OR Front salto step out, Round off rebound
Handstand forward roll	Standing with legs together, jump hurdle, round off, rebound straight jump	Run, round off, flic flac, rebound straight jump	Run, round off, flic flac, flic flac, rebound straight jump OR Run, round off, flic flac, tuck back salto
Cartwheel, cartwheel 1/4 turn to step in			