

GNSW Level 1-4 Program 2022-2024

Competition Divisions	Set Fundamentals	
NSW Level 1	FX <ol style="list-style-type: none"> 1. 1 pre-acrobatic element in isolation 2. 1 element not considered as pre-acrobatic in isolation 3. Series (min 3) large arm movements from the shoulder 	Ball <ol style="list-style-type: none"> 1. Series (min 3) of small bounces 2. Unassisted roll over one body part 3. Half circumduction either forwards or backwards
NSW Level 2		Hoop <ol style="list-style-type: none"> 1. Roll on the floor 2. Passing through the hoop 3. Rotation of hoop on hand/s
NSW Level 3	Ball <ol style="list-style-type: none"> 1. Series (min 3) of small bounces 2. Unassisted roll over one body part 3. Half circumduction either forwards or backwards 4. Catch ball one hand (# ALP: Medium - more than one height above the gymnast) 	Clubs <ol style="list-style-type: none"> 1. Small hand circles Minimum 3 2. Toss of both clubs either simultaneously or alternating 3. Vertical or horizontal mills 4. Asymmetric (must be performed with different movements of shape or amplitude and work planes or direction of each club, clubs must be one in each hand and does not include throws)
NSW Level 4	Hoop <ol style="list-style-type: none"> 1. Roll on the floor 2. Unassisted roll over one body part 3. Passing through with whole or part of the body 4. Rotation (min 1) of Hoop around the hand/s 	Ribbon * min 4 meters <ol style="list-style-type: none"> 1. Set of spirals (min 3 loops) 2. Set of snakes (min 3 waves) 3. Echappé: rotation of the stick during its flight, small or medium height 4. Passing through or over the pattern of the ribbon
<p style="text-align: center;">#ALP authorised not considered pre-acrobatic</p> <ol style="list-style-type: none"> 1. Dorsal support on the shoulders 2. Side or front splits on the floor, without any stop in the position 3. Support on one or two hands or forearms without any other contact with the floor without walkover/cartwheels and without any stop in the vertical position 		