APPARATUS GYMNASTICS PROGRAMME

Handbook 2022

Gymnastics
NEW ZEALAND

This document outlines the requirements of the Apparatus Gymnastics Programme, a pathway to the New Zealand (NZ) Gymnastics Club Championships and includes the following information.

- NZ Gym for All Programme Principles
- Summary of the Programme Structure
- NZ Gym for All Event Pathway
- Summary of the NZ Gymnastics Club Championships
- Guidelines for Running an Event
- Judging and Coach qualification recommendations

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ACKNOWLEDGEMENTS

Many thanks to the NZ Gym for All Sport Development Committee (GfA SDC) for all the hours of work, enthusiasm, and passion they contribute to the development of Gym for All on behalf of the NZ Gymnastics Community.

We thank Stephen van Huysen (GfA SDC, General Gymnastics Advisor) for leading the project to develop this programme and the people that many people who have contributed to date.

GYM for ALL

The Federation of International Gymnastics (FIG) definition of Gym for All includes;

- A variety of activities suitable for all genders, age groups, abilities, and cultural backgrounds.

- Activities that contribute to personal health, fitness, and wellbeing – physical, social, intellectual, and psychological.

- A focus on Fun, Fitness, Fundamentals, and Friendship and can involve: – Gymnastics with or without apparatus – Gymnastics and Dance. Gymnastics for All can be showcased through either demonstration, performance (e.g., "World Gymnaestrada") or competitive team events (e.g., "World Gym for Life Challenge").

- Aesthetic experiences in movement for participants and spectators while providing the opportunity to focus on items that are of particular interest in a national and cultural context.

GNZs strategic focus on participation, resulted in a significant project to provide more opportunities for a wider range of participants particularly in Gym for All (Project 2020). The NZ Gymnastics Club Championships and the programmes are a pathway have been developed as part of Project 2020.

NZ GYM FOR ALL PROGRAMME PRINCIPLES

To ensure programmes are designed to mee the needs of Gym for All participants, the GfA SDC developed a set of principles have been developed that underpin the structure of the GfA Programmes and Gymnastic Club Championship event.

Principle	*Description*
1. **Inclusive**	All abilities and backgrounds can access the programmes and participate.
2. **Flexible**	Variety and options to choose what works for the participant and enables them to develop at their own pace.
3. **Achievement**	Participants are challenged and can see themselves developing and progressing.
4. **Social**	A sense of belonging and connecting with others in a variety of settings and challenges
5. **Fun**	Personal enjoyment in a supportive, engaging, and exciting environments

APPARATUS GYMNASTIC PROGRAMME

Regional Programme	Level 1	Beam, Bar, Floor, Vault, P-Bar, Rings
	Level 2	
	Level 3	
NZ Club Championships (TBC)	Level 4	Beam, Bar, Floor, Vault, P-Bar, Rings, High-Bar
	Level 5	
	Level 6	

Levels 1 – 3: These levels have been designed as a progression to the NZ Club Championships levels and therefore are recommended for local and regional events.

Levels 4 – 6: These levels are offered at the NZ Club Championships event. There is no qualifying requirement for the NZ Club Championships however it is recommended they are offered regionally to allow participants an easier pathway should they wish to compete in another region or a national club event.

More details on each level are included further in this document.

This programme is suited to Gym for All participants that -
- aims to develop advanced gymnastics skills.
- have the option of performing those skills at an event.
- can train the hours that work for them.
- can choose the apparatus and skills they work at.
- can progress at their own pace.

Key features of the programme -
- Apparatus only - Participants can chose one or as many apparatuses as they like.
- Inclusive for participants – Flexibility of the programme enables people with disabilities, injuries, or other restrictions to choose skills, apparatus and routine requirements that meet their needs.
- Gender inclusive – Participants of any gender can experience and train skills on any apparatus. Events hosts may choose to separate apparatus by gender.
- Inclusive for clubs - Clubs can offer the apparatus that they have the equipment or resources for.
- Offers an alternative for retired athletes from any gymnastic code particularly Elementary and Junior athletes.

Please note: This programme has not been designed as an entry pathway for competitive Artistic Gymnastics Programmes (WAG, MAG). Many of the skills in this programme are also found in the Artistic programmes, however the technical requirement and assessment of the skills performed are different. In addition, this programme is designed for participants to be able to develop and perform the skills that interest them, therefore the participants in this programme will not develop the wide range of skills that are needed if the wish to become an Artistic gymnast.

For future development.
- Advanced Level for participants who wish to advance their skills further.
- Pommel Apparatus

NZ Gym for All EVENT PATHWAY

5 – 8 years	9 years +
Regional GfA Events Level 1 - 6	
	NZ Gymnastics Club Championships Level 4 - 6

NZ Gymnastics Club Championships (NZGCC)   - This programme offers the opportunity to work towards competing at a national event.   The programme is designed to be flexible so that if it is not offered locally, participants should be able to adapt their routines to compete.

Regional Artistic Apparatus Programme – Entry level divisions are included in this programme as the beginner pathway to divisions offered at NZGCC.

NEW ZEALAND GYMNASTICS CLUB CHALLENGE

Eligibility - The NZ GymClub Challenge is open to participants 9 years (turning 9 in the year of event). An application for dispensation may be submitted for participants that are under 9 years of age in the year of the event but only for a group competition where 1-2 participants are required for the club to make up a team for the event.

What is offered?
- TeamGym
- AeroGym (Aeroschools)
- GfA Apparatus Gymnastics Programme
- Participation Trampoline and Double Mini
- Participation Tumbling (including Short Track)
- GfA Rhythmic Programme
- Team Performance

Further details on the NZ GymClub Challenge will be provided in the Event Handbook.

REGIONAL EVENT GUIDELINES

There are many options for delivering an event. There is no one size fits all regarding what divisions and awards should be offered. Each host club is encouraged to create events that are participant focused with a style that is unique to them or their region. For example:

- Make it fun and engaging - Explore what could make your event memorable and makes participants want to come back next year. For example – themed events.   Go the extra mile for lots of smiles☺
- Ribbon awards rather than medals at lower levels to encourage participation rather than competition.

Clubs are encouraged to collaborate with other clubs in their region to create an event calendar that is coordinated and progresses logically throughout the season. For example early season events may run a festival model and events later in the season may be more awards based or a mix of both.

The following information is a starting point for ideas. Clubs are encouraged to keep the Programme Principles in mind, specifically making it a fun event to remember.

Awards - Recognising achievement.
- **Festivals Events** - Participant's performance is recognised on a scale much like a ribbon card scheme.
- **Placings -** Create small numbers in each division where everyone could present on the podium.

Divisions
- **Apparatus -** The programme is designed to be apparatus only, therefore acknowledgement of each apparatus with ribbon card or placings is recommended.
- **All-Around** - All-Around awards should be focused on the number of apparatus. For example, highest total score across any three apparatus for each level. Each level has the same number of skills for each apparatus, so scores can be comparable to each other.
- **Age Divisions** - It is recommended each level is divided into age divisions. There are several models for achieving this:
  - Divide each level into divisions of 6 to 8 participants based on age once entries have been received. This model acknowledges all those that have entered and offers a sense of achievement by placing at each competition. This is a common model in other countries.
  - Outline pre-determined age divisions. This may result in small numbers in some age divisions.
- **Teams** - Team divisions are being explored for the NZGCC. Regions or clubs may develop their own way of offering team competitions.

JUDGING

It is recommended that the routines in this programme are assessed using the method that each region is familiar with and commonly known as performance judging. A judging framework is in development which will include assessment and judging of Gym for All routines and skills. In the meantime, it is recommended that clubs hosting these events hold judge meetings at the beginning of each event to clarify the method of judging.

Please note there are stipulations for assessing the routines that are fundamental to the philosophy of the programme that should be adhered to. These are outlined at the beginning of each section.

COACH QUALIFICATIONS

Clubs should ensure that the coaches teaching the skills in this programme have the appropriate training and experience relevant to the skills being taught. Gymnastics NZ recommends Gym for All coaches have a minimum of the Foundation Coach qualification. In addition, many of the skills in this programme are found in the Artistic Elementary Coach course and therefore this is also recommended for coaches of this programme. Coaches of Levels 5 and 6 should have experience in coaching the skills in these levels.

You can find information on the Gymnastics NZ coach education courses in the Education Handbook (on club portal) or contact your Regional Relationship Manager.

REGIONAL PROGRAMME - LEVELS 1 - 3

FOCUS: Encouragement

These levels focus on achieving gymnastics elements/skills with confidence without concern for how the routine looks or mistakes. No difficulty or deductions apply to these levels to encourage confidence in young participants. The focus is on the elements first, then as participants progress through the programme, their skills will develop with their confidence.

PROGRAMME INFORMATION:

- Level 1 and 2 require 6 elements (skills) per routine, Level 3 progresses to 7 elements per routine.
- **Participants choose apparatus to compete** – Some events may place a restrictions on the number of apparatus to compete. Participants should be able to compete at least 4 apparatus at each event.

Assessment – Performance Judging is applied to the elements performed in the routine. There will be no deductions for any other aspect of the routine.
- Elements - Performance of each elements is assessed.
- Difficulty – No difficulty requirement.
- Execution – No assessment of how the performance looks overall. This includes the flow of the routine and how the elements are connected.
- Deductions – there are no deductions. This includes for falls, time faults etc.

Difficulty –
- Elements that have a requirement, such as height on the cast or turn distance (e.g., ½ turn) are guidelines to aim for. For example, Step Kick to 45°. If 45° is not achieved there is no deduction for this.
- Holds – there is no requirement for holds in level 1. Level 2 and 3 should encourage a hold of 2 seconds. If this requirement is not met there will be no deduction.
- If the element performed barely resembles how it should look like then, in the absence of a separate difficulty mark, the element will be given a mark of 0.5.

Extension of Elements
- Each routine can have up to 3 elements extended beyond the minimum requirement outlined. For example, if the participant can perform a backward roll rather than the backward rock requirement in Level 1 floor, then they can perform this. This will allow for progress in one apparatus while still working on skills for another apparatus.
- There is no score advantage for performing an extended skill.

Additional movements
- Repetition of Elements – there will be no deduction if an element is repeated. The first performed element will be assessed.
- Additional steps or artistic hand, body, leg or feet movements outside of the elements performed is permitted. This includes steps on landing.

Missing Elements – Participants will not be assessed on their memory therefore:

- Coaches can remind participants of their routine's elements from the side of the apparatus.
- Coaches should not instruct on how the element is to be performed.
- If elements have clearly been missed, then the following applies.
    - Festival event – participants could be invited back to the apparatus to complete that one element so that a score can be applied.
    - Placings event – a score of 0.5 is applied as if the element was unsuccessfully executed.
- If the specific requirements of the routine make-up are not met, then it is recommended that the judge, assess what they see and provide feedback to the coach to change it for next time. Remember, the programme focus is on encouragement and judge feedback should be a key part of this.

Optional Movements

- Any mount and dismount of choice can be performed in each level. Creativity is encouraged for mounts and dismounts; however, examples are provided.
- Mount and Dismount exchange - Routines can exchange mounts and/or dismounts for any other required element performed on the apparatus. It is encouraged to develop mounts and dismounts but there may be times participants are not able to mount or dismount – due or an injury or physical disability.
- All elements can be performed with optional entries and exits. This will allow for the connection of elements and variety to be explored over the course of a season.
- Elements can be placed in any order once on the apparatus. Participants may use additional movements to connect different elements – these are not judged.

Moving to the next level

- There is no qualification requirement to move through the levels. Participant movement through the levels is at the discretion of the coach who should consider the participant's capability to move to the next level before doing so. A guideline score of 8 should be achieved for each apparatus.

Specific Apparatus

Vault

- Vault height is outline in each level.   Where a participant needs to perform the vault set higher than the minimum stated they should inform the event organiser prior to the competition so this can be accounted for in the planning and set-up.
- Participants should be allowed to restart or re-perform a vault if in the first attempt.
    - was stopped before touching the apparatus.
    - was deemed a no vault.
- An event host may not be able to offer some apparatus options at a competition. This should be stated on entry information. Developing the range of vaults outlined allows for different vaults to be performed at different competitions.

Level 1: FLOOR			
Choose 6 elements to perform in a routine. No music required. Background music could be used. 1 x Acro element 1 x Spring element 2 x Static Elements 1 x Handstand skill 1 x Optional Element	**Acro Elements (Choose 1) – forward, backward or side** • Forward Roll • Log Roll • Rock backwards then forward **Spring Elements** • Straight Jump • Jump ½ turn	**Handstand Skill** • Tuck handstand **Static Element** • L-Sit, Tuck-sit, straddle-sit • Dish hold • Shoulder stand, arm position optional • Support – front, rear or side	**Optional Elements** (non-acrobatic) • 1 x Push up • ½ Turn on 1 or two feet • 3-4 steps of optional Locomotion E.g. step kicks, step hops, skipping, chasse

Level 1: BEAM			
Choose 6 elements to perform in a routine. 1 x Mount of choice (optional) 2 x Locomotion Steps 2 x Optional Elements 1 x Dismount of choice (optional) Extra steps, turns and arms movements allowed to connect elements. Elements on beam performed in any order. If mount or dismount not performed it should be replaced with another element on beam.	**Mount** (examples) • Jump to front support, lift leg over to straddle sit (momentary) lift legs behind and lift knees to squat, to stand • Jump to front support lift one bent knee up to place on beam, ¼ turn to face down the beam. Lift free leg to front of bent leg to squat, to stand. Optional arm positions and support throughout mount.	**Locomotion** • Walk forward on toes • Walk sideways on toes or flat feet • Dip steps • Step kicks **Optional Skills** • Small Jump • Balance on one leg (2 sec hold) optional free leg position • Lift heels show stand on toes (hold not required)	**Dismount** (examples) • Jump off end of beam – Straight, Star or small tuck jump. Use extra steps or movement to reach end of beam if required.

Level 1: VAULT				
Choose 2 options to perform. Vault height set to a minimum 30cm.	**1. Stretch Jump** From short run, two feet take off from springboard, land on box top, immediate stretch jump off.	**2. Optional Jump Off** From short run, two feet take off from springboard, land on box top, optional jump off – star, straddle, tuck or pike jump to land.	**3. Hands on** From run, two feet take off from springboard, hands on vault squat jump or straddle on, stretch jump off, land.	**4. Side Vault** From a short run, place hands side on to box top and side vault in tuck, ½ turn to land facing back towards the run up.

Level 1: BAR		
Choose 6 elements to perform in a routine; 2 x Under Bar Elements 1 x Mount (optional) 2 x Low Bar Elements 1 x Dismount (optional) If mount or dismount not performed must be replaced with another element on bar.	**Under Bar Element** (performed before or after the low bar Elements) • Show Tuck Hang • Jump to bent knee swing – from springboard place hands on bar and swing with bent knees forward and back to land back on springboard • Show Inverted Tuck Hang – rotate backwards and bring bent knees through arms to hang upside down. **Mount** • From a box, jump to front support.	**Low Bar Elements** • Show front support. • Straight leg swings x 2 (body does not leave bar) • Leg lifts – lift one leg at a time to bring leg momentarily in line with bar the lower (can progress to lift leg over bar). **Dismount** (examples) • Swing legs back off bar to land • Slow roll forward over bar to place feet on ground (no hold required)

Level 1: P-BAR		
Choose 6 elements to perform in a routine; 1 x Mount 4 x Optional 1 x Dismount If mount or dismount not performed must be replaced with another element on bar.	**Mount** (example) • From a box, place hands on bar, lift to straight support. **Optional Elements** • Show Tuck • Show stride, left leg, right leg • Lift knees through tuck to place feet on bar (in front of hands) - bear walk forward (2 -3) then back (2-3) • Under bar - Show Tuck hang • Under bar - Show Inverted Tuck Hang • Under bar - Show Inverted Straight Hang (candle)	**Dismount** (examples) • Lift straight legs forward in pike, controlled lower to straight, jump down to dismount. • Small swing forward, backward to dismount

Level 1: RINGS		
Choose 6 elements to perform in a routine; May perform one element twice	• Show Hang – Tuck, Star, Straight • Stride left then right (continuous movement) • Show Inverted Tuck	• Small swing forward then back • Small swing forward then back to release and land. No specific mount or dismount required. Routine may be started or ended with lift or support from coach.

Level 2: FLOOR			
Choose 6 elements to perform in a routine **Optional music, no more than 25 sec** 1 x Acro Element 1 x Connected Elements 1 x Spring elements 1 x Static element 1 x Handstand Element 1 x Optional Elements	**Acro Elements** • Forward/backward rolls • Cartwheel **Static Elements** • Straddle Sit (hold 2 sec) – no hands reach forward • Shoulder stand, (hold 2 sec or momentary) • Scale Balance	**Spring Elements** • Jump turn – ½ turn or greater. • Small Split Jump • Tuck Jump • Straight Jump, Straight Jump **Connected Elements** • Straight Jump + Level 2 Acro (in either order) • Front Support to rear support	**Handstand Elements** • Tuck Handstand • ¾ Handstand (minimum) **Optional Elements (non-acrobatic)** • Bridge • Half turn on 1 or two toes • 3-4 steps of optional Locomotion E.g. step kicks, step hops, skipping, chasse

Level 2: BEAM			
Choose 6 elements to perform in routine in any order once on beam. **Extra steps or turns allowed.** 1 x Mount 1 x Locomotion 1 x Spring 2 x Optional skills 1 x Dismount Extra steps, turns and arms movements allowed. If mount or dismount not performed must be replaced with another element on bar.	**Mount** (example) Jump to front support, swing leg over then show a balance as part of the mount eg tuck sit, pike sit, knee scale. **Locomotion** – 2-4 steps • Forward kicks • Walk backwards • Pivot walks • Grapevine walk (sideways walk, legs cross over)	**Spring** • Stretch Jump with feet change • Small Leap **Optional Skills** • Half turn on toes • Static hold (2 sec) E.g. Scale balance, tuck sit. • Lift to toes (Releve) (2 sec hold) • ¼ turn to face sideways, show side lunge (2 sec hold)	**Dismount (examples)** • ¼ turn jump to dismount off side of beam – straight, star, tuck jump. • From end of beam – tuck or straddle pike jump • From end of beam – jump ½ turn.

Level 2: VAULT				
Choose 2 options to perform Vault height set to a minimum 60cm.	**1. Through/over vaults** Run, two feet take off from springboard, hands on 60cm vault, squat through or straddle over.	**2. Side Vault - Cartwheel** From run jump to land on front end of long box, step to cartwheel off end of long box/s, ½ turn to land facing back towards the run up.	**3. Salto** From stand dive roll from 60cm height down slope.	**4. Handstand Flat Back** From short run, jump to land on 60cm mat, step to handstand flatback on mats.

Level 2: BAR

Choose 6 elements to perform in a routine;	Under Bar Element (perform at minimum one element)	Low Bar Elements (perform a minimum of one element)
==4 x Under Bar/Low Bar Elements (perform at least one element on each bar – 4 elements in total)== ==1 x Mount (Low Bar Element)== 1 x Dismount (Low Bar) If mount or dismount not performed must be replaced with another element on bar.	• Jump to bent knee swings x 2 (consecutive) • L-Hold (2 sec) – lift legs off floor and hold (no height requirement) • Inverted Pike Hang / Basket (2 sec) – rotate backwards and bring bent knees through arms to hang upside down. • In over grip, lift chin to bar, then tuck knees and lower **Mount** • From a raised surface, jump to front support • Step to circle up – use of box and/or light spot allowed	• Front support (2 sec) • Small cast – hips off bar • Stride sit – swing one leg over bar, shift hand to other side of lifted leg and sit in stride. Lift either leg over bar, to return to front support OR exit to roll forward dismount (separate element) **Dismount** • Swing legs back to land – option ¼ turn (face sideways) dismount • Slow roll forward over bar to tuck hold (2 sec)

Level 2: P-BAR

Choose 6 elements to perform in a routine;	Mount	Optional Elements
1 x Mount 4 x Optional Elements 1 x Dismount	• From a box - place hands on bar, jump to straight support **Dismount** • Swings x 2 to dismount on back swing	• Tuck Hold (2 sec) – knees at horizontal • Lift legs through pike to place straight legs on bar straddle sit, lean forward, place hands in front to a front straddle support, place hands back to rear straddle support then lift legs off bar to lower • Shoulder shrug • Under bar – Pike hang (2 sec) • Under bar – Inverted straddle hang (2 sec)

Level 2: RINGS

Choose 6 elements to perform in a routine;		
One element may be performed twice Mount – lift to rings	• Straight hang (2 sec) • Invert with tuck legs to inverted hang (straight, 2 sec) • Pike inverted hang (2 sec) • Tuck Hold (2 sec)	• Kick legs out front to swing back • Swing forward then back to release and land.

Level 3: FLOOR		
Choose 7 elements to perform in a routine **Optional music, no more than 35 sec** 2 x Acro Element 1 x Connected Elements 1 x Handstand Element 3 x Optional Elements Begin and end routine with optional poses. Extra turns, steps or dance may be added to connect the routine	**Acro Elements** • Standing Dive Roll • Backward roll front Support • Hurdle Cartwheel - optional finish • Hurdle to Round-off **Connected Elements** (minimum one is Acro) • Cartwheel, Cartwheel (optional finish) • Cartwheel to forward or backward roll • Forward roll to forward/backward roll • Backward roll, backward roll • Jump ½ turn (and Cartwheel, Forward or Backward Roll) - in either order	**Handstand Elements** • Tuck Handstand ¼ turn, Handstand **Optional Elements** (choose 1 from each group) Static Elements • Pike hold – reach to toes • Balance on one foot e.g., Scale Balance • Splits Turns • Full turn on one foot • 2 x push ups • Handstand Limber to Bridge OR Bridge Kick over Spring Elements • Leaps - Stride Leap at 135°, Cat Leap • Jumps – Tuck, ½ turn, Split • Straight Jump, Jump ½ turn

Level 3: BEAM			
Choose 7 elements to perform in a routine in any order once on beam 1 x Mount 1 x Locomotion 1 x Spring Element 1 x Static Element 1 x Turn Element 1 x Acro Element 1 x Dismount Extra steps, turns and arms movements allowed.	**Mount** (examples**)** • Place hands on end of beam, jump to sit in straddle, swing legs to squat • Jump to front support, lift leg over to momentary straddle hold, sit then swing to knee scale, lift to stand. **Acro Elements** • Small tuck handstand (feet to leave beam) • Small 3 /4 handstand - kick one leg in air both feet small leave from beam • From sit roll back to Shoulder Stand, roll forward to straddle sit.	**Static Element** • Scale balance (90°) (2 sec) • Arabesque (2 sec) • Lower to knee scale (2 sec) • Y Scale **Spring Element** • Small Jump – Split or Tuck • Stretch Jump, Stretch Jump • Stride leap **Locomotion** • Forward or back kicks x 2 – above 45° • Step Hop x 2	**Turn Element** • Squat, half turn on two feet • ½ turn on one foot • Side passe to forward then step feet together and in high toes, ½ turn **Dismount** (examples) • Tuck or Pike Jump (reach for toes) off end of beam • Cartwheel ¼ turn – land with feet together • At end of beam ½ turn on toes jump backwards to land

Level 3 – VAULT				
Choose 2 options to compete. Vault height set to a minimum 60cm.	1. **Through / over vault** Hands on vault, flight in for - squat through OR - straddle over	2. **Side vault – Round off** From run jump to land on front end long box – show dynamic jump (at or above hip height) step to round-off off end of long box/s, ½ turn to land facing back towards the run up.	3. **Dive Roll** From Run, hurdle two feet take off from springboard, to dive roll on mat.	4. **Handstand flatback** From run, two feet take off on springboard, – show dynamic jump (at or above hip height), step to handstand flatback with prop.

Level 3: BAR		
Choose 7 elements to perform in a routine; 1 x Under Bar Element or Low Bar Mount 2 x Low Bar Elements 1 x Low Bar Dismount 2 x High Bar Elements 1 x High Bar Dismount	**Under Bar Element OR Mount** • Glide Swings - land on back swing, jump to front support (no deduction for bent leg return) • Step to Circle Up, to front support (use of springboard, box or slope allowed) **Low Bar Elements** • Cast to 45 • Cast to immediate back hip circle • Stride lift (2 sec) – swing one leg over bar, shift hand to other side of lifted leg and lift off bar to hold in stride. Lift either leg over bar, to return to front support OR exit to roll forward dismount (separate element) **Low Bar Dismount** • Forward Roll to Pike hold (2 sec) - legs above 45 • Cast off to ½ turn dismount • Underswing dismount from front support • Single leg swing back– In front support place leg over bar, swing backwards with hooked knee. Lift hooked knee off bar to inverted pike (basket), thread legs through arms and lower to floor.	**Lift to High Bar** **High Bar Elements** • L-Hang (2 sec) • 2 x tensions swings (dish, arch, dish, arch) • Lift chin to bar, momentary hold and lower **High Bar Dismount** • ==Lift legs forward (small swing) then release at the back==

Level 3: P-BAR		
Choose 7 elements to perform in a routine; 1 x Mount 5 x Optional Elements 1 x Dismount	**Mount** • From a box, jump to straight support. **Optional Elements** • Tuck Hold (2 sec) – knees above bar • L-Hold (2 sec) – above 45° • Straddle support travel – Swing legs through straight body to rear straddle sit on bar, lean forward bring hands to front into front straddle sit – swing legs off bar forward or backwards (reposition hands as required) • Small bent arm dip • Hand lifts – lift one hand off bar, lift the other off bar • 2 x swings – above 45° • Under bar – Straddle hang (2 sec) • Under bar – Inverted Pike Hang (2 sec)	**Dismount** • Swing to dismount on back swing (connected to 2 x swing) • Sit on bar in straight arm support, kick one leg over, join legs together, then dismount to the side (sit on bar after 2 x swings)
Level 3: RINGS		
Choose 7 elements to perform; One element may be performed twice	• Momentary chin up, lower to hang • Assisted lift to front support (2 sec), lower to hang (assisted if need) • Tuck hold (2 sec) • Pike (min 45°) (2 sec) • Invert in tuck to inverted straight hang (straight, 2 sec)	• Kick legs out to swing back (min 45°) • Small swing forward then back (min 45°) • Swing forward then back (min 45°) to release and land. A swing maybe be performed up to three times separately, during or together at the end of the routine.

NATIONAL PROGRAMME - LEVELS 4-6

FOCUS: Development

These levels focus on developing skills further while gradually introducing the concept of performing a routine of connected elements. These levels include some bonus skills for some apparatus.

PROGRAMME INFORMATION:

- **Participants choose apparatus to compete** – Some events may place a restriction on the number of apparatus to compete. Participants should be able to compete at least 4 apparatus at each event.
- Number of elements to perform on each apparatus,
    - Level 4 – 7 Elements
    - Level 5 & 6 – 8 Elements

Assessment – Performance Judging is applied to the elements performed in the routine. The introduction of some additional requirements will be applied in levels 4 – 6.

- **Elements** - Performance of each element is assessed - see performance judging of elements (page 7)

- **Difficulty** – No difficulty requirement. Not meeting the difficulty requirement outlined should be factored into the performance of the element.

- **Execution** – Judging the performance of the routine is gradually introduced across the levels including connectivity of elements, movement to music (floor), and creativity. Stops or long pauses in the routine should be factored into this evaluation. Overall deduction for performance of the routine should be applied as follows;
    - Level 4 – 0.3 (maximum)
    - Level 5 – 0.3 (maximum)
    - Level 6 – 0.5 (maximum)

- **Deductions** – as follows;
    - Falls – 0.1 for each fall to a maximum of 5 falls.
    - Steps on Landing – maximum 0.3

Note – going over time should not incur a deduction.

Difficulty –
- Elements that have a requirement such as height on the cast or turn distance (e.g. ½ turn) are guidelines to aim for. For example, step kick to 45°. If 45° is not achieved there is no deduction for this.
- Holds – if a hold of 2 seconds is not met then a score for the element of 0.1 lower than assessed is applied.
- If the element performed barely resembles how it should look then, in the absence of a separate difficulty mark, the element will be given the score of 0.5

Bonus - Extension of Elements applied in levels 1-3 does not apply for level 4 – 6. Bonus skills have been provided for some apparatus.

Additional movements

- Repetition of Elements – there will be no deduction if an element is repeated. The first performed element will be assessed.
- Additional steps or artistic hand, body, leg or feet movements outside of the elements performed is permitted. This includes steps on landing.

Missing Elements

- At these levels coaches should not remind athletes of their routines.
- Coaches should not instruct on how the element is to be performed from the side of the apparatus. Supportive communication is encouraged by the coach and team members.
    - If elements have clearly been missed in the routine then the maximum deduction of 0. 5 that is applied to the assessment of each element is applied.
- If the specific requirements of the routine make-up are not met then it is recommended that the judges, assess what they see and feedback to the coach for next time. A supportive learning environment is encouraged therefore, participants should not be disadvantaged if the coach has not interpreted the requirements correctly.

Optional Movements

- Any mounts and dismount can be performed in each level. Creativity is encouraged for mounts and dismounts, however examples are provided.
- Mount and Dismount exchange - Routines can exchange mounts and/or dismounts for any other required element performed on the apparatus. It is encouraged to develop mounts and dismounts but there may be times when participants are not able to mount or dismount – due or an injury or physical disability.
- All elements can be performed with optional entries and exits. This will allow for connection of elements and variety to be explored within a routine over the course of a season.
- Elements can be placed in any order once the gymnast has mounted the apparatus. Participants may include additional movements to connect different elements - these are not judged.

Moving to the next level

- No qualification requirement to move to the next Level. Participant movement through the levels is at the discretion of the coach who should consider the participants capability to move to the next level before doing so. A guideline score of 8 should be achieved for each apparatus

Specific Apparatus

Vault

- A competition may not be able to offer some of the options. This will be stated on the entry information. Developing the range of vaults outlined allows for different vaults to be performed at different competitions.

Level 4: FLOOR			
Choose 7 elements to perform in a routine; Optional Music 45-60sec 1 x Single Acro Element 1 x Acro Jump connection 1 x Tumble Pass 1 x Handstand Element 3 x Optional Elements Note Connected Acro and Tumble pass need to have on element that is different Extra turns, steps or dance may be added to connect the routine	**Single Acro Elements** • Run to Dive Roll • Backward roll to Pike • One Handed Cartwheel • Forward or Backward Walkover Bonus: • Handspring (0.1) **Connected Acro with Jump** • Hurdle to round-off, jump ½ turn • Dive Roll, jump ½ turn • Hurdle to Round-off with jump E.g. Straddle, Stag, Tuck	**Handstand Elements** • Handstand forward Roll • Handstand ¼ turn • Handstand Pike down **Tumble Pass** – two Acro skills directly connected • Cartwheel ¼ turn to round-off • Round-off, step out to Cartwheel • Round off, jump ½ turn dive roll • Cartwheel ¼ turn to Dive Roll (in same direction) Bonus: • Round off, Flic Flac (0.2) • Cartwheel to backward walkover (0.1)	**Optional Elements** – choose no more than two from each group <u>Static</u> • Scale Balance (optional exit) • Splits to forward roll • Bridge (optional Exit) • Pike hold – reach for toes <u>Turns & Leaps</u> • Full turn on one foot • Fouetté Turn • Scissor Kick • Stag Leap • Cat Leap • Split leap – min 135° <u>Jumps</u> • Tuck Jump – knees horizontal • Jump Full turn • Stretch Jump, Split jump

Level 4: BEAM			
Choose 7 elements to perform in a routine in any order once on beam 1 x Mount 1 x Locomotion Elements 1 x Spring Element 1 x Static Element 1 x Turn Element 1 x Acro Element 1 x Dismount Extra steps, turns and arms movements allowed. Only required elements assessed	**Mount** (examples) • Facing side on scissor kick to land sitting astride of beam facing back, swing to squat, stand. • Standing side on to beam jump (from one or two feet) to land with one leg in squat and the other stretched out in front, optional way to stand. • Squat jump on from side or end. **Spring Element** • Step to Stride Leap • Jump forward to land on one leg balanced back leg at 45° • Straight Jump to split jump (in either order) • Tuck Jump – knees at horizontal	**Static Element** • Scale balance above 90° (2 sec) • Arabesque free leg above 45° (2 sec) • Lower to knee scale (2 sec) **Locomotion Elements** • Step Kicks x 2 – at 90° • Chasse x 2 • Attitude Hops x 2 **Turn Elements** • ½ turn on toes (releve), step forward to ½ turn on toes • Full turn on one foot (free leg position optional)	**Acro Element** • ¾ Handstand • Handstand – legs above 90° from horizontal • From a squat roll back to momentary shoulder stand, roll forward to squat. **Dismounts** (examples) • Round-off at end of beam • Steps to punch jump off end of beam. Lunge to side handstand off side of beam

Level 4: VAULT				
Choose 2 options, the same vault may be competed twice. Vault height set to a minimum 60cm.	**1. Through / over vault** Hands on vault, flight in for - squat through OR - straddle over	**2. Side vault** From run, side vault over vault box - hands ¼ turn on, with a straight body, round off (1/2 turn to land).	**3. Saltos** From standing (minimum 60cm) jump to mini-tramp, front tuck to land 60cm mat. **Bonus:** Run to Salto from springboard to landing mat (0.2)	**4. Handspring Flat Back** From run, two feet take off on springboard, to perform handspring flatback on mats. Show prop.

Level 4: UNEVEN BAR		

Choose 7 elements to perform in a routine;
 	
1 x Under Bar Element or Low Bar Mount
2 x Low Bar Elements
1 x Low Bar Dismount
2 x High Bar Elements
1 x High Bar Dismount
	Mount (examples)
	• Glide Swing - land on back swing, jump to front support (straddle glide permitted)
	• Jump or step to feet together to circle over/pull over bar, to front support
	
	Low Bar Elements
	• 2 x connected casts above 45° (1 element)
	• Cast to back hip circle, to immediate cast back Hip Circle
	• Cast to stoop through with one leg to stride
	  Hold off bar (2 sec), lift leg over side back to front support
	• Single leg uprise – lift leg over bar, perform single leg swing back (drop backwards to hand under bar), immediately pull back up to sit on top of bar.
	
	Low Bar Dismount
	• Forward Roll to Pike hold (2 sec) - legs above 45)
	• Cast off backwards to ½ turn dismount
	• Under bar dismount
	  - underswing connected to hip circle element
	  - cast to straddle feet on bar to undershoot
	• Straddle, stoop or squat to bar, straight jump off to land
		Transition to high bar
		• Lift to High Bar or
		• Jump to high bar
		
		High Bar Elements
		• 2 x Long Swings to circle over bar (swing to start not counted)
		• Chin-up circle over (coach assistance permitted)
		• Lift chin to bar, lift legs to a L, then swing down to connect to another skill
		• 2 x tensions swings (dish, arch, dish, arch)
		• 2 x long swings
		• L-Hang hold (2 sec) – above 45°
		• Small cast
		
		High Bar Dismount (examples)
		• From swing ½ turn to mix grip, dismount on backswing
		• From front support roll forward in pike to swing back and dismount

Level 4: HIGH BAR

Choose 7 elements to perform in a routine; 6 x High Bar Elements 1 x Dismount OR <mark>7 High Bar Elements in the absence of a dismount</mark>.	Lift to High Bar **High Bar Elements** • 2 x Long Swings to circle over bar (swing to start not counted) • Chin-up circle over (coach assistance allowed) • Lift chin to bar, lift legs to an L, then swing down to connect to another skill. • 2 x tensions swings (dish, arch, dish, arch) • 2 x long swings • L-Hang hold (2 sec) – above 45° • Small cast	**High Bar Dismount** • Long swing, ½ turn to mix grip, dismount on backswing. • From front support roll forward in pike to swing back and dismount <mark>**Please note:** The use of safety straps is allowed for High Bar (Level 4-6). This means a dismount cannot be performed therefore another High Bar Element to replace the dismount must be performed. A dismount can be replaced with or without the use of safety straps.</mark>

Level 4: P-BAR

Choose 7 elements to perform in a routine; 1 x Mount 5 x Optional Elements 1 x Dismount	**Mount** (examples) • From a box , jump to straight support **Optional Elements** • L-Hold (2 sec) - legs at horizontal • Swings legs forward in straight body to land rear support on bar and hold (2 sec) • Swing legs back in straight body to land front support on bar and hold (2 sec) • Hand lifts x 4 • Bent arm dip - 90° • 2 x swings at horizontal • Under bar – jump to basket swing back to stand.	**Dismount** (examples) • Swing at horizontal to dismount on back swing (connected to 2 x swing) • From swings (2 x) dismount over side of bar from the rear or front

Level 4: RINGS		
Choose 7 elements to perform in a routine;	• Long hang • Chin up to inverted hang (2 sec) through tuck or pike • Inverted Pike hold (2 sec) • Pike hold (min 45°) (2 sec) • Invert in straight to inverted hang (straight, 2 sec) • Swing to inverted hang (2 sec)	• Skin the cat (dorsal hang) • Kick legs out to swing back (min 45°) • Swing forward then back (min 45°) • Swing forward then back (min 45°) to release and land.
Level 4: POMMEL		
	Not available in 2022	

Level 5: FLOOR

Choose 8 elements to perform in a routine;	**Single Acro Elements**	**Tumble Pass** (perform two passes. One pass = two connected skills, only one acro can be performed twice across both passes). Examples;	**Optional Elements** – choose no more than two from each category
Optional music 60 sec – 1 min 15 sec	• Forward or Backward Walkover • Handspring • Side Aerial Cartwheel	• Round off, Round off • Round-off, Flic Flac • Round off, Back Tuck • Handspring, cartwheel • Handspring, forward roll	Static • Static balance of choice (2 sec hold) Eg Scale Balance, Arabesque, Y Scale • Front Support to splits • Fall to land in front support, lift one leg to scorpion (2 sec hold)
1 x Single Acro Element 1 x Acro connection 2 x Tumble Passes 1 x Handstand Element 3 x Optional Elements	Bonus: • Punch Front Salto (0.2) • Standing Flic Flac (0.1) **Connected Acro Element** (connect an Acro element with another element, this may be another Acro element)	Bonus: Round-Off Flic Flac, Flic Flac (0.2) **Handstand Elements**	Leaps & Turns • Split leap, split leap • Two different connected leaps (split, stride, stag, cat, scissor) • Cat Leap – ½ turn • Full turn on one foot
Extra turns, steps or dance may be added to connect the routine	• Cartwheel to Backward Walkover • Forward Walkover to Cartwheel • Handspring, Tuck Jump	• Handstand forward Roll • Handstand 1/2 turn, in any direction. • Backward Roll to Handstand • Pike up to Handstand	Jumps • Fouetté Hop • Sissonne • Jump Full Turn • Tuck Jump ½ turn - knees above horizontal

Level 5: BEAM

Choose 8 elements to perform in a routine in any order between mount and dismount.	**Mount** (example)	**Static Elements**	**Acro Elements**	**Dismounts** (example)
1 x Mount 2 x Spring Elements 1 x Static Element 1 x Turn Element 2 x Acro Elements 1 x Dismount Extra steps, turns and arms movements allowed.	• Jump from end or side of beam to a straddle hold (2 sec) optional way to stand. **Spring Elements** • Split Leap above 135° • Stretch Jump ½ turn • Leap – Cat, Stag or Scissor • Sissonne	• Scale balance above 90° (2 sec) • Arabesque free leg above 135° (2 sec) **Turn Elements** • Full turn on one foot • ½ turn on one foot free leg in passé, step in front to two feet ½ turn	• Handstand (above 45° from vertical) • Cartwheel • Forward Roll to sit - Straddle or Tuck • Bridge Kick over • Backward Shoulder Roll to Straddle sit	• Round-off end of beam Bonus • Cartwheel step in jump backwards (no connection required) (0.1) • Handspring (0.1)

Level 5: VAULT				
Choose 2 options – the same vault may be competed twice	**1. Through / over vault** Flight in for - squat through OR - straddle over 4-layer vault box. Bonus: • Pike through (0.2)	**2. Tsuk Timer (Round-Off)** Run to ¼ or ½ turn on, straight body, ½ turn to land to feet, on raised mats, 90-100cm. Over vault table or vault box (event organiser to stipulate, equipment provided).	**3. Salto** Run to salto from springboard to landing mat.	**4. Handspring** From run, two feet take off on springboard, handspring. Over vault table or vault box (event organiser to stipulate onto landing mat. Minimum 90cm height.

Level 5: UNEVEN BAR		
Choose 8 elements to perform in a routine; 1 x Low Bar Mount 2 x Low Bar Elements 1 x Low Bar Dismount OR Bar Change 3 x High Bar Elements 1 x High Bar Dismount	**Low Bar Mount** (example) • Glide kip to front support • Chin up circle over **Low Bar Elements** • Cast to 90° • Cast to Hip Circle. (one element) • Mill Circle **Bar Change** • Any undershoot dismount (e.g. straddle, toe shoot with ½ turn dismount. Lift to High bar. • Straddle, stoop or squat to bar, straight jump off to land. Lift to High bar. • Climb or cast to low bar, jump to catch high bar (coaches should stand under bar for safety spotting)	**High Bar Elements** • Long hang swing to pull over • Cast above 45°, to hip circle • Long Hand swings (maximum 3 and each considered a separate element. **High Bar Dismount** (example) • Underswing dismounts

Level 5: HIGH BAR

| **Choose 8 elements to perform in a routine;**

7 x High Bar Elements
1 x High Bar Dismount
OR
8 High Bar Elements in the absence of a dismount.

Note: - Long swings and tap swings can be performed twice (maximum). This is one swing is one element, therefore two swings are two elements. | Lift to high bar

High Bar Elements
• Long/tap swings, maximum 2 (counted separately)
• Circle over bar from long/tap swings
• Tensions swings (dish, arch, dish, arch) maximum 2 (counted separately)
• Pullover from tension swings to front support
• Chin-up circle (coach assistance allowed)
• Cast to 45° to front support or underswing
• Cast to back hip circle to front support or underswing
• Hold stride on bar. | **High Bar Dismount**
• From front support roll forward in pike to L-Hold (2 sec), swing legs back, to land.
• Swing forward, and release on back swing (can be connected to another skill e.g. taps swings

Please note: The use of safety straps is allowed for High Bar (Level 4-6). This means a dismount cannot be performed therefore another High Bar Element to replace the dismount must be performed. A dismount can be replaced with or without the use of safety straps. |

Level 5: P-BAR

| **Choose 8 elements to perform in a routine;**

1 x Mount
6 x Optional Elements
1 x Dismount | **Mount** – from floor (examples)
• Jump to straight arm support

Optional Elements
• In straight support, lower to upper arm support (dip), push back up,
• From upper arm dip - Lift to L-Hold (2 sec).
• Bar walks – lift hands one at a time off bar while moving forward x 4
• 1 x swings above horizontal
• 1 x swing above horizontal
• Under bar – place hands on bar, jump to basket swing, back to stand. | **Dismount** (examples)
• Swing at horizontal to dismount on back swing (connected to 2 x swing)
• From swings (2 x) dismount over side of bar from the rear or front |

Level 5: RINGS		
Choose 8 elements to perform in a routine; One element may be performed twice Only one bonus allowed	• Chin up to inverted hang (2 sec) through pike body. • Inverted Pike hold (2 sec) • Pike hang (min 45°) (2 sec) • Invert in pike, to inverted hang (straight, 2 sec) • Swing to inverted hang (2 sec) Bonus: • Chin up to inverted hang (2 sec) through straight body – (0.3)	• Skin the cat (dorsal hang) • Cast to back swing (min 45°) • Swing forward then back (min 45°) • Swing forward then back (min 45°) to release and land. • Dismount backward from inverted hang.
Level 5: POMMEL		
	<mark>Not available in 2022</mark>	

Level 6: FLOOR

| Choose 8 elements to perform in a routine; Optional music 1min 15 sec – 1min 30sec.

1 x Acro Element
1 x Connected Acro Elements
2 x Tumble Pass
1 x Handstand Element
3 x Optional Elements

Extra turns, steps or dance may be added to connect the routine. | **Single Acro Elements**
• Standing Flic Flac with jump. E.g. straddle, split, stag
• Side Aerial Cartwheel
• Tick Toc
• Punch Front Salto
• Forward & Backward Walkover
• Handspring, straight jump

Bonus:
Tick Tock, Flic Flac (0.1)

Connected Acro Elements (minimum one element is Acro)
• Cartwheel to Backward or Forward Walkover
• Forward Walkover to Cartwheel | **Tumble Pass**
(minimum 2 skills, at least one element must be different in the two passes)
• Round-off Flic Flac
• Round off, Back Tuck
• Round-Off Flic Flac, Flic Flac

Bonus:
• Handspring, front Salto (tucked) (0.2)
• Round-off Flic Flac, Back Tuck (0.2)
• Handspring, Flyspring (0.2)

Handstand Elements
• Handstand prop forward roll
• Handstand 1/2 turn forward Roll
• Backward Roll to Handstand
• Pike up to Handstand | **Optional Elements** – choose no more than two from each category.
Static
• Jump ½ turn to land in front support, (2 sec hold)
• Straddle or Pike Lever Hold
• Scale balance – bring leg around side to front at horizontal.
Leaps & Turns
• Split leap, split leap
• Ring Leap
• Tour jette
• Split Change Leap
• Cat Leap – full turn
• Full turn on one foot – leg up (min 45°)
Jumps
• Fouetté Hop to sissonne
• Straight Jump 1.5 turn
• Tuck Jump, full turn
• Wolf Jump |

Level 6: BEAM

Choose 8 elements to perform in a routine in any order between mount and dismount. 1 x Mount 2 x Spring Elements 1 x Static Element 1 x Turn Element 2 x Acro Elements 1 x Dismount Extra steps, turns and arms movements allowed. Only required elements assessed.	**Mount** (examples) • From side of beam squat through to rear support • Leap from one foot to land on beam free leg out that back Or any other A mount from FIG code of points **Static Elements** • Scale balance above 90° (2 sec) • Arabesque free leg above 135° (2 sec)	**Spring Elements** • Split Leap (at 180°) • Fouetté Hop • Stretch Jump Full Turn • Tuck Jump ½ Turn • Cat Leap ½ Turn • Wolf Jump • Split Jump (above 135°) connected to another jump (Sissonne, Tuck) • Two connected leaps – same or different (Split Jump above 135°, Stag, Cat, Scissor)	**Acro Elements** • Handstand (hold 2 sec) above 30° from vertical. • Tick Toc • Cartwheel step in • Forward Roll to feet • Backward Shoulder Roll to feet Bonus: • Backward Walkover (0.2) • Forward Walkover (0.2)	**Turn Elements** • ½ turn on one foot, step to 1/2 turn on high toes • Full turn on one foot Bonus: • Wolf Turn 180° **Dismounts** (examples) • Cartwheel step in jump backwards (no connection required) • Handspring Bonus: • Forward Tuck Salto (0.2) • Standing Back Tuck dismount (0.2)

Level 6: VAULT

Choose 2 options – the same vault may be competed twice. Minimum 100cm vault table.	1. **Through / over vault** Pike through using a 5-layer box height.	2. **Half on, Half off.** Half twist on, half twist off, facing same direction as run over vault table, minimum 100cm.	3. **Salto** Run to salto from springboard to landing mat, 30cm Bonus: Run to front layout from springboard. 0.3	4. **Handspring** Handspring over vault table, minimum 100cm. Bonus: Handspring pike off (0.2)

Level 6: UNEVEN BAR

Choose 8 elements to perform in a routine;	Low Bar Mount (example)	High Bar Elements
1 x Low Bar Mount 2 x Low Bar Elements 1 x Bar Change 3 x High Bar Elements 1 x High Bar Dismount	• Chin up circle over to front support • Glide Kip to front support **Low Bar Elements** • Cast to 90°, to hip circle • Cast to 90°, to clear circle • Cast towards Handstand, 45° below vertical. **Bar Change** • Optional feet to low bar (climb, cast, or connected to low bar element), jump to catch high bar	• Long hang swing to pull over • Long Kip to front support • Underswing from high bar, counter swing backwards • Cast above 45°, to hip circle • Long Hand swings (maximum 3) **High Bar Dismount** (example) • Underswing dismounts with ½ turn • Tuck flyaway

Level 6: HIGH BAR

Choose 8 elements to perform in a routine;	Lift to High Bar	High Bar Dismount (example)
7 x High Bar Elements 1 x High Bar Dismount OR 8 High Bar Elements in the absence of a dismount.	**High Bar Elements** • 2 tap swings (counted separately (connect to another element) • Swing to back uprise, to front support • Glide kip (with assistance) • Chin-up circle over • Lift legs towards bar, drop to tension swings, maximum 2 (counted separately) • Cast above 45° • Cast to back hip circle to front support or underswing • Mill circle	• Underswing dismounts • ½ turn dismounts **Please note:** The use of safety straps is allowed for High Bar (Level 4-6). This means a dismount cannot be performed therefore another High Bar Element to replace the dismount must be performed. A dismount can be replaced with or without the use of safety straps.

Level 6: P-BAR

Choose 8 elements to perform in a routine; 1 x Mount 6 x Optional Elements 1 x Dismount	**Mount** – from floor (example) • Jump to upper arm support • Jump to straight arm support **Optional Elements** • Bent arm swing –L-Hold (2 sec) – legs above horizontal • Forward Roll to straddle sit • Bar walks – lift hands one at a time off bar while moving forward x 6 • 1 x swings – towards handstand • Under bar – place hands on bar, jump to glide swing back to stand • Extra glide swing (connected to first)	**Dismount** (example) • Swing above horizontal to dismount on back swing (connected to 2 x swing) • From swings (2 x) dismount over side of bar from the rear or front

Level 6: RINGS

Perform 8 elements in a routine; One element may be performed twice.	• Chin up to inverted hang (2 sec) through straight body. • Inverted Pike hang (2 sec) • Pike hold (min 45°) (2 sec) • L-Sit hold roll back to inverted hang. • Swing to inverted hang (2 sec) • Dorsal Hang (2 sec)	• Long Hang swings (minimum 30° below horizontal) • Cast to two back swings (minimum 30° below horizontal) • Cast to swing back then forward to back tuck dismount. Bonus: • Straddle back lever to pike hang (0.2) • Chin up swing to inverted hang (2 sec) (0.2)

Level 6: POMMEL

	<mark>Not available in 2022</mark>