



**Gymnastics**  
New South Wales

# LEVEL 6 OPTIONAL REQUIREMENTS

## Exercise Evaluation

<b>Difficulty</b>	<b>Add</b>	The value of the best 5 elements plus the value of the dismount
<b>Element Groups</b>	<b>Add</b>	+ 0.5 each SR + Dismount (up to 0.5)
<b>Bonus Points</b>	<b>Add</b>	Connection bonus (based on special rules for each apparatus) + Bonus of 0.1 for stuck dismount landing + Special bonus of 0.3 per specified skills as per specific bonus table
<b>Presentation</b>		'E' jury deductions taken from a start score of 10.0
<b>Total</b>		<b>Exercise Presentation Score (out of 10.0) + Value of Difficulty + Value of performed SR + Bonus Points</b>

**Element Value** Difficulty value of elements (no element to be over a 'C' value)

A	B	C
0.1	0.2	0.3

## Bonus

Connection bonus based on Code of Points for each apparatus (for skills executed without large error)

- Bonus of 0.1 for stuck dismount landing
- Bonus of 0.3 for skills as per the specific bonus table (awarded if the element is recognised)

## Dismount

- Each exercise except vault must end with a legitimate dismount listed under the dismount element groups. (The dismount on floor must be a "salto to feet" element from Element Group II, III or IV.)
- Dismount from additional element list = + 0.3      'A' Value dismount = +0.5

## Elements

- 6 elements in a routine to be made up of 5 elements PLUS the dismount
- Deduction for not performing a minimum of 4 elements is -1.5 points (applied as a Technical Penalty)
- Additional elements awarded value as per additional elements list
- Each element will be recognised only once in a routine

## Interdicted Skills

- As per the Code of Points (Arabian Dive Roll IS permitted)

### Special Requirements (Must be performed within the 6 counting elements)

Apparatus	Element Groups	Value
Floor	An element from each of the four (4) element groups + the dismount	+ 0.5 each + up to 0.5 Dismount
Pommels	An element from each of the four (4) element groups + the dismount	+ 0.5 each + up to 0.5 Dismount
Rings	An element from each of the four (4) element groups + the dismount	+ 0.5 each + up to 0.5 Dismount
Vault	FIG value for all vaults	
Parallel Bars	An element from each of the four (4) element groups + the dismount	+ 0.5 each + up to 0.5 Dismount
Horizontal Bar	An element from each of the four (4) element groups + the dismount	+ 0.5 each + up to 0.5 Dismount

### Exceptions

Rings/P-Bars/H-Bar	Two (2x) half intermediate swings are permitted
H-Bar	One additional half intermediate swing for the mount is acceptable

### Specific Bonus

Apparatus	Bonus Elements	
Floor	Any Stretched Salto	Any 'B' value Press to Handstand (2 sec)**
Pommel	Any Travel in Circle or Flair	Any Element from EG.IV
Rings	Any Swing to Support*	Any Lever with Legs Together (2 sec)**
Vault	Any Twisting or Rotation in the Post-Flight Stage	
Parallel Bars	Front Uprise & Swing Backwards to Handstand	Any Backward Salto Dismount over the Bar
High Bar	Any Dismount from Giant	Top Change <u>OR</u> Blind Change

\*Bonus only applied if no large error (bent arms/swing with strength): E.g. Front/Back Uprise, Kip, Back Kip, Felge

\*\* Bonus is not applied if no hold occurs

NB: A maximum of 0.6 (0.3 for vault) will be allowed. In the instance where more than one bonus element, from the list of bonus eligible elements is performed, only the first element will receive bonus.

### Examples of Specific Bonus

- Floor - A gymnast performs both a stretched salto backwards and a stretched salto forwards, he will receive 0.3 only for the first occurrence.
- Horizontal Bar - If a gymnast performs a Blind Change and then a Top Change, he will only receive 0.3 bonus and not 0.6

This rule is applied generally across all apparatus where there are more than 2 elements that may be bonus eligible.

### Additional Elements

Apparatus & Skills	Value	El. Group
<b>Floor</b>		
• Either Cartwheel or Round-Off (not both)	A	I
<b>Pommel Horse</b>		
• False Scissor	A	I
• Any Flair in Side Support (separate to DLC)	A	II
• DLC in Side Support on outer zone (Uneven Support)	A	II
• Reverse Stockli and Wendeswing Dismount	B	V
• Flank Dismount (to front) from circle on Pommels	-	V
<b>Rings</b>		
• Pump dislocate from pike hang (separate skill to stretched)	A	I
• Vertical Pull Up with bent arms to Support (Muscle Up)	A	IV
• Straddle Back Lever	A	IV
<b>Vault</b>		
• Nil	-	-
<b>Parallel Bars</b>		
• Back Uprise to Horizontal	A	II
• Moy to Upper-Arm	A	III
• Drop Kip from Support	A	IV
• Salto Dismount Tucked (forward or backward/side or end)	A	V
<b>Horizontal Bar</b>		
• Back Uprise to Horizontal	A	I
• Double Handed Hop to Top Grip (45° above horizontal)	A	I
• Swing ½ Turn at least 45° above horizontal	A	I
• Kip <u>OR</u> Drop Kip to Support (separate to Kip to Handstand)	A	III
• Backwards free Hip Circle to Horizontal	A	III
• Hip circle forwards immediate cast to Handstand	A	III
• Salto Backwards tucked or piked	A	V
• Salto Forwards tucked or piked	A	V

### Technical Information

All other technically related matters will be applied as per Level 7 Open Requirements

- Pommel Horse - Minimum of 2 part of the horse will need to be utilised to avoid - 0.3 deduction
- Horizontal Bar - A cast has no amplitude requirement. Presentation errors still apply

\* For a full list of related technical errors, please refer to the Australian Levels Program V2