UNEVEN BARS			Novice	Intermediate	Open
Mounts	Jump to front support	ALP	0.1	0.1 for 50+ yrs only	
	Pullover to front support	ALP	0.1	0.1	0.1 for 50+ yrs only
	Glide Kip	CoP 'A'		0.1	0.1
	Glide kip - leg through to straddle			0.1	0.1
	Long Kip	CoP 'A'		0.1	0.1
Casts / Support Swings	From front support lift leg over bar to straddle		0.1	0.1 for 50+ yrs only	
	From straddle lift leg back over the bar to front support		0.1	0.1 for 50+ yrs only	
	Climb onto low bar and jump to grasp high bar	ALP	0.1	0.1	0.1 for 50+ yrs only
	cast onto low bar and jump to grasp high bar	ALP	0.1	0.1	0.1
	Cast hips off bar	ALP	0.1		
	Cast at horizontal		0.1	0.1	
	Cast above horizontal	ALP		0.1	0.1
	Straddle cast to handstand (within 10°)	CoP 'A'			0.1
	Straight body cast to handstand (within 10 °)	CoP 'B'			0.2
Circles	Back hip circle	CoP 'A'	0.1	0.1	0.1
	Seat or mill circle		0.1	0.1	0.1
	Sole circle (bent legs permitted)	ALP		0.1	0.1
	Clear hip circle below horizontal			0.1	
	Clear hip circle above horizontal	CoP 'B'		0.2	0.2
	Clear hip circle to handstand (within 10 °)	CoP 'C'			0.3
	Any circle skill with hand release		not permitted	not permitted	not permitted
Swings	Bent knee swings from dish hold	ALP	0.1		
	Glide swing	ALP	0.1	0.1	
	Glide kip	CoP 'A'		0.1	0.1
	Glide kip - leg through			0.1	0.1
	Grasp HB, hold dish shape, long swing		0.1		
	Jump from a box to high bar long swing		0.1	0.1 for 50+ yrs only	
	Underswing to finish at top of backward swing	ALP	0.1	0.1	0.1
	Long swing	ALP	0.1	0.1	0.1
	Long swing pullover to front support	ALP	0.1	0.1	0.1
	Long kip	CoP 'A'		0.1	0.1
	Swing pullover with hand release		not permitted	not permitted	not permitted
Dismounts	Roll forward to tuck hang	ALP	0.1		
	Cast from front support to land on 2 feet		0.1		
	Long swing release at back of swing	ALP	0.1	0.1	0.1 for 50+ yrs only
	Swing half turn (on front swing) to release the bar	ALP	0.1	0.1	0.1 for 50+ yrs only
	Dismount at front of long swing without 1/2 turn		not permitted	not permitted	not permitted
	Underswing from hips or feet (toe shoot)	CoP 'A'	0.1	0.1	0.1
	Flyaway (tuck/pike/stretched)	CoP 'A'		0.1	0.1

			Novice	Intermediate	Open
Additional Skills	Any ALP Table of Elements/CoP 'A' skill	CoP 'A'	0.1	0.1	0.1
	Any ALP Table of Elements/CoP 'B' skill	CoP 'B'		0.2	0.2
	Any ALP Table of Elements/CoP 'C' skill	CoP 'C'			0.3

	BEAM		Novice	Intermediate	Open
Mounts	Any mount that is not simply climbing onto the beam		0.1	0.1	0.1
	Jump to front support lift leg over to straddle sit	ALP	0.1	0.1	0.1 for 50+ yrs only
	Jump to squat (1 or 2 feet) with hand support		0.1	0.1 for 50+ yrs only	0.1 for 50+ yrs only
	Jump to squat (1 or 2 feet) no hand support			0.1	0.1
	Tuck through to rear sit	ALP		0.1	0.1
	Jump onto end of the beam	ALP	0.1	0.1	0.1
	Pullover around the beam to support			0.1	0.1
	Jump, press or swing to handstand (no hold)	CoP 'B'			0.2
Holds	Lift to mark clear straddle position	ALP	0.1	0.1	0.1
	Kneel on one leg, lift free leg to horizontal	ALP	0.1		
	Free V sit (no hand support)		0.1	0.1	0.1
	Candle hold (2 sec) leg position optional and not required to be vertical or straight.		0.1	0.1	0.1 for 50+ yrs only
	Y hold		0.1	0.1	0.1
	Arabesque, back leg to min 45°	ALP	0.1	0.1	
Locomotion	4 walks forward	ALP	0.1		
	4 walks forward on releve	ALP	0.1	0.1	
	2 passé steps	ALP	0.1	0.1	
	Any locomotion activity with 2 movements along the beam		0.1		
	Any locomotion activity with 2 movements sideways along the beam		0.1	0.1	0.1
	2 Kicks forward	ALP	0.1	0.1	
	2 Kicks backwards	ALP	0.1	0.1	
Dance: Jumps	Straight jump drill (feet do not leave beam, feet must lift to releve)	ALP	0.1 for 50+ yrs only		
	Straight jump on beam	ALP	0.1	0.1	0.1
	Jump with 1/4 turn		0.1	0.1	
	Jump with 1/2 turn				0.1
	Tuck jump	CoP 'A'		0.1	0.1
	Wolf jump	CoP 'A'		0.1	0.1
	Stag jump		0.1	0.1	0.1
	Sissor kick		0.1	0.1	0.1
	Changement Jump		0.1	0.1	
	Stride jump (min 90°)	ALP	0.1		
	Stride jump (min 135°)	ALP		0.1	0.1
	Split jump (180°)	CoP 'B'			0.2
Dance: Hops	Passé hop		0.1	0.1	
	Single leg verticle hop	ALP	0.1	0.1	
Dance: Leaps	Leap drill (hop, leap forward)	ALP	0.1	0.1 for 50+ yrs only	
	Stag leap		0.1	0.1	0.1
	Stride Leap (min 90°)	ALP	0.1		
	Stride Leap (min 135°)			0.1	0.1
	Split leap (180°)	CoP 'A'			0.1

Turns			Novice	Intermediate	Open
	Half turn on 2 feet	ALP	0.1	0.1	
	Half turn on 1 foot	ALP	0.1	0.1	0.1 for 50+ yrs only
	Full turn on 1 foot	CoP 'A'	0.1	0.1	0.1

	BEAM		Novice	Intermediate	Open
Acro	Forward or backward roll		0.1	0.1	0.1
	L' handstand (entry and exit optional, must show control and return to the beam)	ALP	0.1	0.1 for 50+ yrs only	
	Handstand	CoP 'A'		0.1	0.1
	Cartwheel	CoP 'A'	0.1	0.1	0.1
	Tic Toc, Backward or forward walkover	CoP 'A'		0.1	0.1
	Flic flac	CoP 'B'			0.2
	Roundoff on the beam	CoP 'B'			0.2
Dismounts	Any dismount off the beam from hand support		0.1 for 50+ yrs only		
	Jump off end or side of the beam (Straight/tuck/star)	ALP	0.1	0.1	0.1
	2-3 steps, punch straight jump from end of beam	ALP	0.1	0.1	0.1 for 50+ yrs only
	Aerial dismount where feet land on the mats		0.1	0.1	
	Roundoff, handspring, side handstand, handstand 1/4 turn where hands are on the beam and feet land on the mats		0.1	0.1	
	Front or back salto dismount	CoP 'A'		0.1	0.1

Additional Skills			Novice	Intermediate	Open
	Any ALP Table of Elements/CoP 'A' skill	CoP 'A'	0.1	0.1	0.1
	Any ALP Table of Elements/CoP 'B' skill	CoP 'B'	0.2	0.2	0.2
	Any ALP Table of Elements/CoP 'C' skill	CoP 'C'			0.3

Definitions			Novice	Intermediate	Open
	Dance Series: 2 or more dance elements (leaps, hops or jumps) directly connected		any 2 ALP or CoP dance skills	1 ALP or CoP plus 1 min 'A' dance skill, or any 2 min 'A' dance skills	any 2 min 'A' dance skills
	Close to beam: Any connection of 2 or more skills or movements where 2 body parts between the thigh & shoulders touch the beam.		0.1	0.1	0.1

	FLOOR		Novice	Intermediate	Open
Locomotion	2 x passé steps on each leg	ALP	0.1 for 50+ yrs only		
	Spring steps x 2, Step hop x 2	ALP	0.1		
	Step hops x 2		0.1		
	Bodywave	ALP	0.1	0.1	
Turns	Releve 1/2 turn on 2 feet	ALP	0.1	0.1 for 50+ yrs only	
	Half turn on 1 foot	ALP	0.1	0.1	
	Full turn on 1 foot	CoP 'A'	0.1	0.1	0.1
Dance: Jumps	Straight Jump	ALP	0.1	0.1	
	Stag jump	CoP 'A'	0.1	0.1	0.1
	Jump 1/2 turn	ALP	0.1	0.1	
	Jump 1/1 turn	CoP 'A'		0.1	0.1
	Tuck Jump	ALP	0.1	0.1	0.1
	Stride jump (min 135°)	ALP	0.1	0.1	
	Split jump (min 180°)	CoP 'A'		0.1	0.1
	Sissone	CoP 'A'	0.1	0.1	0.1
	Straddle jump	CoP 'A'		0.1	0.1
	Straddle pike jump	CoP 'A'		0.1	0.1
Dance: Leaps	Cat leap	CoP 'A'	0.1	0.1	0.1
	Stag leap		0.1	0.1	0.1
	Scissors kick		0.1		
	Leap lead up drill - one on each leg	ALP	0.1		
	Split leap (min 135°)	ALP	0.1	0.1	
	Split leap (min 180°)	CoP 'A'		0.1	0.1
Acro	Forward roll	ALP	0.1	0.1 for 50+ yrs only	
	Side roll (shoulder roll)		0.1 for 50+ yrs only		
	Backward roll to angry cat	ALP	0.1	0.1 for 50+ yrs only	
	Backward roll	ALP	0.1	0.1	
	Backward roll to front support	ALP	0.1	0.1	0.1 for 50+ yrs only
	Backward roll to handstand	ALP			0.1
	Bridge lower to the floor	ALP	0.1 for 50+ yrs only		
	Bridge kickover	ALP		0.1	
	L' handstand	ALP	0.1	0.1 for 50+ yrs only	
	Handstand	ALP	0.1	0.1	
	Handstand forward roll	ALP	0.1	0.1	0.1
	Handstand with 1 1/2 turn	CoP 'B'			0.2
	Cartwheel	ALP	0.1	0.1	
	Back walkover	ALP	0.1	0.1	0.1
	Front walkover	ALP	0.1	0.1	0.1
	Tic toc	ALP	0.1	0,1	0.1
	Roundoff	CoP 'A'	0.1	0,1	0.1
	Aerial Cartwheel	CoP 'A'		0.1	0.1
	Flic Flac	CoP 'A'		0.1	0.1
	Handspring	CoP 'A'		0.1	0.1
	Aerial walkover	CoP 'A'		0.1	0.1
	Back salto	CoP 'A'		0.1	0.1
	Front salto	CoP 'A'		0.1	0.1
	Stretched front salto	CoP 'B'			0.2

FLOOR		Novice	Intermediate	Open
Additional Skills Any ALP Table of Elements/CoP 'A' skill	CoP 'A'	0.1	0.1	0.1
Any ALP Table of Elements/CoP 'B' skill	CoP 'B'	0.2	0.2	0.2
Any ALP Table of Elements/CoP 'C' skill	CoP 'C'			0.3

			Novice	Intermediate	Open
Definitions	Dance Passage: 2 or more different dance jump or leap elements directly connected or joined together by a travelling movement		any 2 ALP or CoP dance skills	1 ALP or CoP plus 1 min 'A' dance skill, or any 2 min 'A' dance skills	any 2 min 'A' dance skills
	Acro series: 2 or more acro elements joined together		any 2 ALP or CoP acro skills	any 2 ALP or CoP acro skills	any 2 different min 'A' acro skills

ALP: Australian Levels Program
CoP: FIG Code of Points
Dismount:
Uneven Bars: The final element of the routine that releases the bar to land on the landing mats.
Beam: The final element of the routine that leaves the beam to land on the landing mats
Floor: The highest value acro element in the final acro line.
Acro Skills are considered different when they have different recognised body position or finish positions.
eg.1. front salto (tuck) and front salto (pike) are different skills
eg.2. cartwheel to finish in side star position and cartwheel 1/4 turn step in are different skills
eg.3. handspring stepout and handspring to two feet are different skills