



REGISTER OF CHANGES

Date	Section	Change
Mar 2014	Elements	5.0 2014 Elements updated
Mar 2014	Artistic Judging criteria	Artistic Judging Sheet

5.0 2014 ELEMENTS

A. Difficulty Scores for Compulsories

Levels 3 – 5 contain the three (3) compulsories, being four (4) repetitions of each of Jumping Jacks, High Leg Kicks and Push Ups.

A maximum Difficulty score for each of these compulsories is detailed below.

Compulsory Movement	Maximum Difficulty Value		
	Level 3	Level 4	Level 5
4 Jumping Jacks	0.1	0.2	0.4
4 High Leg Kicks	0.1	0.1	0.4
4 push-ups	0.1	0.2	0.4
Maximum Difficulty score for Compulsories	0.3	0.5	1.2

B. LEVEL 3

NO	GROUP	ELEMENT	DIFFICULTY VALUE	MODIFIED VERSION	DIFFICULTY VALUE
1	A	Push-up or Triceps Push-up	0.1	Performed on knees	0.0
2	B	L Support or Straddle Support	0.2	Bottom raised	0.0
3	C	Straight jump	0.0		
4	C	Tuck Jump	0.2		
5	C	Air Jack	0.0		
6	C	Scissor Kick	0.0		
7	D	Sagittal or Frontal Split	0.1	Straddle sit	0.0
8	D	½ Turn (180 Pivot)	0.0		
Maximum Difficulty Score of Elements			0.6		
Maximum Difficulty score for Compulsories			0.3		
Maximum Possible Final Raw Score			0.9		

C. LEVEL 4

NO	GROUP	ELEMENT	DIFFICULTY VALUE	MODIFIED VERSION	DIFFICULTY VALUE
1	A	Triceps Push-up	0.1	Performed on knees	0.0
2	B	L Support or Straddle Support	0.2	Bottom raised	0.0
3	C	Tuck Jump ½ Turn	0.3	Tuck Jump	0.2
4	C	1/1 Air Turn	0.3		
5	C	Split Leap	0.0	Stride Leap	0.0
6	D	Vertical Split - supported	0.0		
7	D	Sagittal or Frontal Split	0.1	Straddle sit	0.0
8	D	1/1 turn (360 Pivot)	0.2	½ Turn (180 Pivot)	0.0
Maximum Difficulty Score of Elements			1.2		
Maximum Difficulty score for Compulsories			0.5		
Maximum Possible Final Raw Score			1.7		

D. LEVEL 5 Elements

Level 5 difficulty includes:

- Eight (8) elements up to 0.3 value for Juniors and 0.4 for Intermediates and Seniors.
- A minimum of one (1) element from each of the four (4) element pool groups is required.
- No more than two (2) skills with the same base family may be included.
- The positioning of skills in the routine is outlined in the choreography notes.
- A maximum of four (4) for Junior or five (5) elements for Intermediate and Senior may be performed on the floor. Requirements are:
 - Junior: one (1) may land in split and zero (0) may land in push up.
 - Intermediate: one (1) may land in split and one (1) may land in push up.
 - Senior: two (2) may land in split and two (2) may land in push up.
- The inclusion of more than eight (8) elements in the routine will result in a deduction for each element performed over eight (8).
- Maximum Difficulty Score of Elements is 2.4 for Juniors and 3.2 for Intermediates and Seniors
- Maximum Difficulty score for Compulsories is 1.2
- Maximum Possible Final Raw Score is 3.6 for Juniors and 4.4 for Intermediates and Seniors



GymnasticsAustralia
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ARTISTIC JUDGING SHEET

Artistic: maximum 10 points

Criteria	UNACCEPTABLE		POOR		SATISFACTORY		GOOD		VERY GOOD		EXCELLENT
Music & Musicality											
Aerobic Content											
General Content											
Space & Formation											
Artistry											
TOTAL											