



☆ Girls - Level 3 ☆

LEVEL 3 - VAULT

Stack Mats - Handspring to flat back position

10.00

SAFETY-Mat height: Minimum of 24 inches - The athlete will not be allowed to compete her vault if the mat height is not at the minimum mat height.

- Any type of professional manufactured spring board or registered Air-O boards may be used for all age group level vaults.
- Incomplete or failed attempts to either vault = 0.5 deduction
- Gymnast may perform one or two vaults with the better score counting
- Judging will conclude when the gymnast has contact with mat
- Semi-circle or full underswing is required on both vaults - 0.30 deduction if not shown. Arms are to be at or below horizontal by the time she hits the board.
- Repulsion not required

LEVEL 3 - UNEVEN BARS

1. Glide swing

0.80

Jump from both feet while lifting the hips backward and upward to grasp the bar with both hands. Hands are to be in an over-grip and shoulder width apart. While maintaining a hollow body swing the legs forward in a pike or straddle position. The head should be in neutral position. The hips are required to open up slightly, if not fully extended, by the end of the glide. At the end of the glide swing, the legs and feet are to come together. As the glide goes backward, maintain straight legs. At the end of the backward glide, the feet will remain together as they make contact with the floor/mat/board. The palm of the hands should be on the top of the bar at the conclusion of the glide swing. Arms and legs are to stay straight throughout. The gymnast may release the bar after the glide to get set to do the pullover. She may take up to two steps to get set. One to two second pause is allowed between the skills.

Specified Deductions:

- Execution (arms, legs, feet, head) → Up to 0.30
- Rhythm and Failure to open the hips → Up to 0.20
- Palms on top of the bar at end of glide → 0.10
- Tapping or brushing the feet against the floor → 0.10

2. Back hip pullover

0.80

With the hands shoulder width apart and in an over-grip position. The arms will be flexed throughout until the skill is completed. With the legs together from a stand, lift the legs over the bar while having bent arms. A small jump may be used to initiate the pull over. Continue to lift the hips over the bar. The legs are to be straight as soon as they come off of the floor. The hands will then shift to the top of the bar while straightening the arms. Show a finished and extended body in the front support.

3. Immediate single leg cut forward

0.40

As cutting the single leg forward, shift the weight to one arm and lift the leg over the bar. Finish the skill in an over-grip. Arms and legs remain straight throughout. The cutting leg is not allowed to brush or sit on the bar.

-OR-

3. Immediate cast, single leg squat through

0.40

With the shoulders still slightly in front of the bar, swing the legs forward, then backward while pushing down on the bar with the hands. Extend the shoulders and lift the body off the bar - doing a cast. While the arms are straight, bend one knee to squat over the bar and between the hands. The other leg will remain straight. The squatted leg will straighten by the end of the skill. Arms will remain straight throughout the whole skill.

4. Stride circle forward

0.80

Switch both hands to a reverse grip. Lift up to a support before the stride circle. Finish the stride circle and pull up, sit back down on the bar and then switch the hands back to a regular grip getting prepared to complete the backward leg swing. Legs and Arms remain straight throughout.

5. Backward leg cut

0.40

Lower to a stride sit and immediately change both hands at the same time to an over-grip. Shift the weight to the opposite side of the leg that is being cut. Lift the leg backward over the bar, bringing both legs together at its completion. Finish the skill in an extended straight body front support. Legs are to be straight throughout.

6. Cast - no angle requirement

0.60

Clarification: This cast is to focus on the proper casting technique wanted for future skill progression. The shoulders should be leaning over the bar while the hips come off the bar while having straight arms. With the shoulders slightly in forward over the bar, swing both legs forward, then backward and upward. While swinging backward, she should be pushing down on the bar with the arms and legs are straight. The body should be in a hollow position and the head in a neutral state. Continuous motion should be shown.

7. Back hip circle**0.60**

When the hips return back to the bar, lean the shoulders backward. The body will circle around the bar in a straight and hollow body position. The legs and arms must stay straight throughout the entire skill. The hands will shift to the top of the bar, finishing in a front support. The body should be extended and the head in a neutral position.

8. Underswing**0.40**

Cast is not required for the underswing dismount

-OR-

8. Cast; Sole circle on dismount - (straddle or pike)**0.40**

Execute a cast with the same requirements as above. At the peak of the cast, place the balls of the feet on the bar and perform a straddle or pike on. Apply pressure on the bar with the feet. Allow the swing to go downward maintaining straight the arms and a hollow position throughout the skill. As the hips rise, release the feet from the bar and press the bar backward to perform an extended body position. Maintain a tight body in the flight of the skill and land in a demi-plie in a controlled landing. The sole circle may be executed in a straddle or pike position.

LEVEL 3 - BALANCE BEAM - Elements may be reversed**1. Mount - Jump to front support - Straddle sit****0.20**

Place both hands on the beam and jump to a front support, leg cut with either leg to straddle sit, arms reach forward and upward at the completion of the mount.

2. Tuck sit then V-sit**0.20**

Hands grasp the beam behind her back with straight or bent arms. Lift legs to a tuck sit with toes pointed to the beam; extend the legs to a v-sit (no hold).

3. Swing to push-up position - (1 second hold)**0.60**

Swing the legs downward and backward with a slight separation in the legs. As the legs swing down place the hands in between the legs on the beam. When the legs are slightly above the level of the beam, bring the legs together to end up in a pushup position on the beam. Jump the legs forward to arrive in a tuck stand on the ball of the feet. Stand up into a releve' position with arms in crown.

4. Arabesque (30° off of the beam) - (2 second hold)**0.40**

Lower the heel to the beam and move the extended leg backward with the foot pointed on the beam. Keeping the chest vertical and upright, lift the turned out straight leg backward - upward a minimum of 30° off of the beam. Hold for two seconds. Lower the leg to point behind on the beam. Arms are optional - Arms may be out to the side middle position or may be in crown to emphasize the developmental position for the scale or T-position for a lever.

5. Partial cross handstand**0.80**

Step forward with one foot and execute a lunge position with the arms by the ears. Lift the back leg maintaining a straight line from the hands all the way through the body to the foot. Kick to a partial handstand. It is not required that the legs join together in the cross position. There is no deduction if you choose to bring them together. The split leg lever must be shown with the bottom foot off of the beam.

6. 2 or 3 Running steps to a lock position**0.40**

Take two quick running steps forward in demi-plie'. Step forward and finish in a lock position. Arms slowly lower sideward and downward by bending the elbows to finish in a low position with arms at the side of the body. Continue to lift the arms forward and upward to finish in crown.

7. ½ (180°) Pivot turn**0.40**

With one foot in front of the other and in releve' with the arms in crown, perform a ½ pivot turn. Finish in lock and in releve'. The turn should be completed with straight legs.

8. Split jump (30°)**0.40**

Lower the heels on the beam. Demi-plie' both legs and push off of the beam, extending one leg forward and one leg backward. Execute a Split jump (30°). Bring both legs together on the beam with one foot in front of the other and finish in a demi-plie. Straighten the legs at the end of the skill. Arms are to be down when executing the demi-plie'. On the split jump the arms go sideward - upward. Arms back to down position on the demi-plie'. Finish with the arms in sideward - upward position.

9. Cartwheel to side handstand dismount - No hold**0.60**

Step forward onto a straight leg and not in releve'. The arms should be overhead and in crown. Kick forward with the other leg, step into a lunge by levering into the cartwheel. Both legs are to come together by the time they arrive in vertical handstand. Straight arms and legs throughout the skill. The dismount may land on either side of the beam (with or without ¼ turn). Must hit vertical position - no matter which side she comes down on. No hold required

LEVEL 3 - FLOOR EXERCISE - Elements may be reversed; Music is optional New or old music is allowed

1. Handstand forward roll

0.60

Step forward onto a straight leg and execute a lunge with the arms overhead in a crown position. Place the hands on the floor through a lever position. Kick the free leg backward and upward, joining the other leg together. Kick to a vertical position (No hold required - may hold without a deduction). Must show vertical position. Tuck the chin to the chest. Keep the back rounded and lift the hips to place the back on the floor. Roll forward with the legs together. With the hands in front of the body and the knees and feet together, stand up. Immediately extend the legs to finish in a straight stand the floor. Arms may be bent or straight during the roll.

2. Round-off - Rebound - Stick

0.60

Take one to three running steps and hurdle. Take a long step forward into a lunge maintaining a straight lever position from the hands to the foot. Continue the lever action, lifting the back leg backward and upward as the chest lowers. Execute a half turn and finish with the feet together and on the floor. Afterwards, execute a straight jump with straight arms and legs. Arms should be by the ears. Finish in a straight stand.

3. Backward roll with straight arms to pike stand

0.40

Roll backward with the head tucked, chin on the chest. Place the hands on the floor by the ears palms down. Straight arms are required. As the hips roll backward, push down against the floor. As the body rolls over the head extend the legs in a pike position to a straight stand. Arms come up to crown and then finish. There is NO straight jump before the backward roll. (A 0.2 deduction will be given for the addition of the jump)

-OR-

3. Backward roll with straight arms to a push up position - Finish in pike stand

0.40

After executing the backward roll, extend the legs outward while pushing down on the floor with the arms. Finish the backward roll in a push-up position with the body straight from the shoulders to the feet. Must jump into the pike stand once finished with the push-up position.

4. Back walkover -or- Backbend kick over

0.60

Begin with the feet flat on the floor, legs together or separated. Arch the upper back; press the hips and thighs forward and reach backward, placing the hands on the floor side-by-side, shoulder width apart. Kick the leg overhead while pushing off the floor with the other leg to pass through vertical in a handstand position with the legs separated. Step down using the leering action to finish in a lunge, pressing the knee and both hips forward. Finish the step down with arms in high position; ten open to sideward-diagonally-upward. A step is allowed

5. Front leg balance (45° below horizontal) - (1 second hold)

0.20

Step forward onto a straight leg with the foot slightly turned out - not in releve'. Lift the other leg forward and upward - slightly turned out. Leg should be 45° below horizontal. Hold for one second. Arms on the hips.

6. Forward chasse

0.40

Demi-plie' both legs and step forward onto the one foot with it slightly turned out through 4th position. Demi-plie' with both heels on the floor. Push off with both legs and perform the chasse. Close the legs in the air. Land in demi-plie' on one leg. The other leg is pointing down toward the floor.

7. Straight leg leap (60°)

0.60

Step or run two steps. Swing the straight leg forward and upward and push off the floor with the other leg. Swing the other leg backward and upward to execute a leap. The legs should be separated evenly in the air. Land on one leg in demi-plie' with the other leg extended backward, slightly turned out, passing through a low arabesque position. Arms should lower sideward - downward by bending the elbows in toward the body to finish in low position at the side of the body.

8. ½ (180°) Turn in forward coupe - (Heel snap)

0.20

Step forward onto a straight leg - not in releve'. Kick the other leg forward to horizontal or above. Step forward with the kicking leg. Bend the other leg and pull the pointed foot forward to touch the ankle of the leg you just kicked (coupe'). Left arm remains side-middle. Move the arm to forward middle curved position. Push down on the floor with the foot and begin to "snap" the heel around to execute the half turn. Releve' should become bigger throughout the turn to finish in a full releve'. Lower the heel to the floor. Close the arms into each other in a forward - middle curved position. Step forward with one leg in demi-plie'. Immediately straighten the leg to stand with the other leg extended backward slightly turned out. With the foot pointed on the floor. Lift arms forward and upward to crown then open to sideward-diagonally-upward. Immediately close the foot beside the other.

9. Stretch jump

0.40

Demi-plie both legs with the heels down on the floor. Push off the floor, extending both legs through the hips, knees, ankles and toes with legs together, extending the hips and legs in the air to a stretched position before landing. Land on both feet in demi-plie, pressing through the balls of the feet to lower the heels onto the floor, one foot in front of the other foot with the feet slightly turned out. Arms lower sideward - downward to low position during the demi-plie'. During the jump, lift arms forward - upward to crown. Arms remain in crown upon landing. Extend the legs to finish in a straight stand (not in releve'). The stretch jump is to be connected directly to the tuck jump - 0.20 deduction if there is no connection

10. Tuck jump**0.40**

Demi-plie' both legs with the heels down on the floor. Push off the floor, extending both legs through the hips, knees, ankles and toes with the legs together. Then bend both knees to a minimum of 90° bend in both the knees and hips. Extend the hips and legs in the air to a stretched position before landing. Land on both feet in a demi-plie'. Arms remain in crown throughout the tuck jump. Finish the skill.

11. Pose

Demi-Plie' the leg and step forward onto a bent leg turned slightly out. Showing a rocking motion through use of the legs through 4th position semi-plie' with both heels on the floor, perform a weight transfer onto the leg. Extend both legs to finish with the backward leg extended with the foot pointed on the floor

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