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| **Level 3 Floor-** Music: Gymnastics Floor Music – In the name of love (instrumental version)  Start: Present to judges  -Standing tall with one knee bent and head facing down and feet together  -Do an arm circle with the left arm and then the right arm followed by both arms together circling up and floating down.  - Go into pike FORWARD ROLL into immediate STRAIGHT JUMP  - Step PASSÉ HOLD 3 secs  -Step into FULL TURN on 1 FOOT  -Slide to the left or right to face the opposite direction, finishing in a tall shape  - Rocket into HANDSTAND finish in lunge 3 secs  - Arm roll into a small body roll ready for cartwheel  - T-HAND CARTWHEEL  - Rocket shape into TUCK JUMP, STAR JUMP series.  - Step feet together into BACKWARD ROLL to angry cat  -From Angry cat, bounce into lazy cat straight to a lunge with one arm in front and one out to the side  -In lunge do windmill arm circle to return into angry cat straight into…  - FRONT SUPPORT 3 secs turn to BACK SUPPORT 3 secs.  Finish pose- tuck sit with arms back and head looking up.  Finish: Face Judge and present | **Level 3 Beam-** Start: Present to judges   * Front support MOUNT (straight arms) to straddle. * LOW TO BEAM Optional. (hip to shoulder touching beam) * Stand, lift arms to present position, raise onto toes, hold 2 secs then 4 X BACKWARDS STEP ON TOES with straight legs. * ½ TURN ON TWO FEET * PASSE HOLD (Balance on one foot) Held 3 secs. * Step, SCORPION start and finish in lunge position. (feet must leave beam)- not judged on height. * Step feet together, STRAIGHT JUMP to motorbike 3 secs * Step to end of beam feet together, TUCK JUMP dismount to MOTORBIKE landing, held 3 secs.   Finish: Face Judge and present |
| **Level 3 Bars-**Start: Present to judges   * GLIDE SWING (no tuck return) to motorbike landing 3 secs. * PULL OVER finish in front support shape. * CAST Straight arms, must reach 60 degrees below horizontal. * FORWARD ROLL (straight arms) through pike hang to finish in TUCK HANG (knees to chest in tuck position.) hold 3 secs. * MOTORBIKE 3 secs.   Finish: Face Judge and present | **Level 3 Vault -** Start: Present to judges   * Underarm entry into HANDSTAND FLAT BACK on beat board. Landing on 30cm crash mat.   Finish: Face Judge and present |
| **Level 3 P-Bars-**Start: Present to judges   * Jump to CROSS SUPPORT at the end of bars and held for 3sec * TUCK SUPPORT Held 3 secs. * Kick out from tuck through L shape into 3 SWINGS. Feet at bar height at front and back of swing. Finish final swing at front and straddle legs onto rails. * STRIDE SUPPORT Move hands in front of legs as hold in star shape with hips open for 3 Secs. * Lift legs up and together SWING X 1.5 (backward, forward, backward). * DISMOUNT at back of final swing, held 3 secs.   Finish: Face Judge and present | **Level 3 Rings -** Start: Present to judges   * TUCK HANG held for 3 sec. Kick through L position into Swing. * SWING to BASKET HANG held 3sec. * From Basket hang open into INVERTED HANG Held 3 secs. * From inverted, return to basket and lower down * Into 3 SWINGS 45 degrees above lower vertical. * DISMOUNT at back of 3rd swing in MOTORBIKE.   Finish: Face Judge and present |



**LEVEL 3 ROUTINES 2021**