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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**