

AmeriKids Gymnastics

☆ Boys - Level 3 ☆

FLOOR EXERCISE - Start Value 10.0

1. Step lunge kick handstand step down -OR- roll out	0.60
2. Step or hurdle - Cartwheel ¼ turn in	0.60
3. Backward roll to stand •Bent arms are allowed	0.40
4. Roll back to candlestick - No hold; Roll up to straddle stand •Arms and legs should make a "X" position in the straddle stand	0.40
5. Tripod -OR- Head stand; roll out to a stand -feet together •No hold required. No deduction if held	0.60
6. Step to a lunge; Arabesque (hold 2 seconds)	0.40
7. Run; Round off; Rebound; Finish •Option - may do a running cartwheel that shows flight after the second hand is placed. Flight must be shown with a hollow body and correct hand placement. Up to three steps are allowed before finishing.	0.60

POMMEL HORSE - Start Value 10.0

Routine may be reversed

1. Jump to support on two pommels	0.40
2. Straddle swing to left; to the Right - no angle requirement	0.40each
3. Straddle swing to left; to the Right - no angle requirement	0.40each
4. Single leg cut forward; Single leg cut forward dismount with back to horse	0.60

MUSHROOM

1. 8 - ¼ circle jump turns - keeping hips facing forward •May replace the ¼ jumps with two non connected complete circles	0.40each
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STILL RINGS - Start Value 10.0

1. From hang; Pull legs to "L" position (1 second hold) •May hold the "L" position for more than 1 second	0.60
2. Swing backward; Swing forward - no angle requirement	0.40each
3. Swing backward; Swing forward - no angle requirement	0.40each
4. Straight body inverted hang - 1 second hold	0.60
5. Bend hips to pike inverted hang - "Basket" - 1 sec hold	0.40
6. Extend body to a long hang; "Skin-the-cat" Hold 2 seconds	0.60
7. Drop to stick landing	0.40

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VAULT - Start Value 10.0

Vault #1 - Run; Straight jump off board	5.00
Vault #2 - Handstand flat fall	5.00

- SAFETY - Mat Height: Minimum of 12 inches - The athlete will not be allowed to compete his vault if the mat height is not at the minimum mat height.
- Hands are to be placed on the mat for the handstand flat fall.
- If there is no semi-circle or a full underswing - deduction is 0.30
- Incomplete or failed attempts to either vault = 0.5 deduction
- Any type of professional manufactured spring board or registered Air-O boards may be used for all age group level vaults

PARALLEL BARS - Start Value 10.0

1. Jump to straight arm support between bars	0.40
2. Swing forward; Swing backward - no angle requirement	0.40 _{each}
3. Swing forward to straddle sit	0.40
4. Lift legs to "L" hold (1 second hold) • May hold the "L" position for more than 1 second	0.60
5. Swing backward; Swing forward	0.40 _{each}
6. Swing backward to rear flank dismount • Hips are to be horizontal	0.60

HORIZONTAL BAR - Start Value 10.0

- The routine may be performed on the Uneven bars

1. From hang; Pull over • Pull over may be spotted	0.60
2. Cast • No angle requirement • Hips must come off of the bar and be in a straight-hollow body position	0.40
3. Back hip circle	0.60
4. Immediate underswing • Hips to come out of the underswing at a minimum of 45° below horizontal	0.60
5. Swing backward drop off to stick landing	0.60