

AmeriKids Gymnastics

☆ Girls - 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.

- Semi-circle or full underswing is required on both vaults - 0.30 deduction if not shown
- Repulsion not required
- 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
- Any type of professional manufactured spring board or registered Air-O boards may be used for all age group level vaults

UNEVEN BARS

1. Back hip pullover	0.80
----------------------	------

- Pullover or jump to skill from a stand with legs together
- Legs are to be straight as soon as they come off of the floor

2. Immediate single leg cut forward	0.40
-------------------------------------	------

3. Stride circle forward	0.80
--------------------------	------

The stride circle is to be done with hands in 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

4. Backward leg cut	0.40
---------------------	------

5. Cast - no angle requirement	0.60
--------------------------------	------

6. Back hip circle	0.60
--------------------	------

7. Underswing	0.40
---------------	------

- Cast is not required for the underswing dismount

-OR-

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

- Sole circle may be straddled or piked

AmeriKids Gymnastics

☆ Girls - Level 3 ☆

BALANCE BEAM - Elements may be reversed

1. Mount - Jump to front support	0.20
----------------------------------	------

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

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

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

5. Partial cross handstand	0.80
----------------------------	------

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
--	------

7. ½ (180°) Pivot turn	0.40
------------------------	------

8. Split jump (30°)	0.40
---------------------	------

9. Cartwheel to side handstand dismount	0.60
---	------

- 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

AmeriKids Gymnastics

☆ Girls - Level 3 ☆

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

1. Handstand forward roll	0.60
•Arms may be bent or straight during the roll	
2. Round-off - Rebound - Stick	0.60
•Option - may do a running cartwheel that shows flight. Flight must be shown with a hollow body and correct hand placement. Up to three steps are allowed before the next skill.	
3. Backward roll with straight arms to pike stand	0.40
•There is NO straight jump before the backward roll	
•A 0.2 deduction will be given for the addition of the jump	
4. Back walkover -or- Backbend kickover	0.60
•A step is allowed	
5. Front leg balance (45° below horizontal) - (1 second hold)	0.20
6. Forward chasse	0.40
7. Straight leg leap (60°)	0.60
8. ½ (180°) Turn in forward coupe (Heel snap)	0.20
9. Stretch jump	0.40
•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
11. Pose	