

Gymnasts must perform **one skill** from each of the seven Skill Areas. For level three, choreography and music are optional, however, they will not be judged.

Creative starting position

Skill 1

- Cartwheel (R)
- Handstand (B – not held)
- Headstand (B)

Skill 2

- Backward roll (R)
- Forward roll (R)
- Teddy bear roll (R)

Skill 3

- Straight jump with full turn (S, R)
- Tuck jump with half turn (S, R)
- Full turn on one foot (R)

Skill 4

- Frog balance (B)
- Straddle lever with one foot supported (B)
- Pike lever with one foot supported (B)
- Shoulder stand (B)

Skill 5

- Dish (B)
- Arch (B)

Skill 6

- Y balance (B)
- Arabesque (B)
- One-foot balance (B)

Skill 7

- Chassé step forwards (S)
- Chassé step sideways (S)
- Cat leap (S)
- Scissor leap (S)

Creative finishing position

B Balance

L Locomotion

R Rotation

S Spring

WORKING TOGETHER

LEVEL THREE

Gymnasts must perform the skills from each of the six Skill Areas.

For LEVEL THREE, choreography and music are optional, however, they will not be judged.

Start	<i>Creative starting position</i>
Skill 1	Assisted creative handstand (B)
Skill 2	Cartwheel over dish OR over arch (R)
Skill 3	Chassé step sideways mirrored (S)
Skill 4	Stand on thighs with the base on knees (B)
Skill 5	Assisted tuck jump OR Assisted star jump (S)
Skill 6	Counterbalance using one-foot balance (B)
End	<i>Creative finishing position</i>

VAULT

Gymnasts perform two vaults, both will count towards overall score.

**From a run,
squat onto vault (positioned longways/vertical),
straight jump OR tuck jump off –
*NO 'half turn' required.***

Points for: FLIGHT ON, FLIGHT OFF, LANDING CONTROL and OVERALL PRESENTATION