

Level 3 Requirements

- **Vault** – handstand flat back onto raised mat stack
- **Will be working** – front handsprings over raised mat stack and all drills leading to vaulting over the table

- **Bars** – straight leg glide swing, straight leg pull over, casts with hips leaving bar in hollow position, shoot through into front mill circle, cast into back hip circle, under swing dismount
- **Will be working** – glide kip, casting above horizontal, squat on with both feet, jumping to high bar, tap swings, long hang kip

- **Beam** – pivot, step, pivot turn, double straight jump with correct arm swing, snap turn, step leap at 120 degrees, handstand, side handstand into ½ turn dismount
- **Will be working** – handstand hold with T in and T out, ½ turn, split jump, 180 degree split leap, cartwheel, backbend kick over on low beam with mats

- **Floor** – split jump/straight jump, ½ turn, chase’ leap, handstand into bridge kick over, handstand with straight elbow forward roll, back extension roll to push up position with straight elbows, round off into back handspring connected
- **Will be working** – 180 full turn, straddle jump, back walk over, back extension roll up to handstand, round off into double back handspring, front handspring