Gymnastic Skills must be learned before moving to the next level

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| Level 3 USA Gymnastics Junior Olympic Performance Chart Level 3   |
| VAULT | UNEVEN BARS | BALANCE BEAM | FLOOR EXERCISE |
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| * Jump to Handstand onto a minimum of 32” Mat Stack
* Fall to Straight Lying Position
 | Cast Single Leg Squat Through,(Forward Stride Circle) OR(Single Leg Basket Swing)Single Leg Cut Backwards,Cast Back Hip Circle,Under-swing Dismount | * Leg Swing Mount with ½ (180 degrees) Turn
* Cross Handstand
* Rond de Jambe to Arabesque
* Straight Leg Leap (90degrees)
* Stretch Jump
* Stretch Jump, Two (2) ½ (180 degree) Pivot Turns
* ½ (180 degrees) Turn in Forward Passe (heel-snap Turn)
* Cartwheel to Side Handstand
* ¼ (90 degrees) Turn Dismount
 | * Split Jump (90 degrees)
* Stretch Jump ((0.20)
* Handstand to Bridge
* Back Kick-over (120 degrees)
* Straight leg leap (90 degrees)
* Forward Split
* Backward Roll to Puch-up Position
* Forward Split
* ½ (180 degrees) Turn in Forward Passe
* Round –off
* Flic-Flac to Two feet
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