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 |
|  |  |  |  |
| * 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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