



Gymnastic Skills must be learned before moving to the next level

Level 3 USA Gymnastics Junior Olympic Performance Chart Level 3

VAULT	UNEVEN BARS	BALANCE BEAM	FLOOR EXERCISE
<ul style="list-style-type: none"> <li>- Jump to Handstand onto a minimum of 32" Mat Stack</li> <li>- Fall to Straight Lying Position</li> </ul>	Cast Single Leg Squat Through, (Forward Stride Circle) OR (Single Leg Basket Swing) Single Leg Cut Backwards, Cast Back Hip Circle, Under-swing Dismount	<ul style="list-style-type: none"> <li>- Leg Swing Mount with ½ (180 degrees) Turn</li> <li>- Cross Handstand</li> <li>- Rond de Jambe to Arabesque</li> <li>- Straight Leg Leap (90degrees)</li> <li>- Stretch Jump</li> <li>- Stretch Jump, Two (2) ½ (180 degree) Pivot Turns</li> <li>- ½ (180 degrees) Turn in Forward Passe (heel-snap Turn)</li> <li>- Cartwheel to Side Handstand</li> <li>- ¼ (90 degrees) Turn Dismount</li> </ul>	<ul style="list-style-type: none"> <li>- Split Jump (90 degrees)</li> <li>- Stretch Jump ((0.20)</li> <li>- Handstand to Bridge</li> <li>- Back Kick-over (120 degrees)</li> <li>- Straight leg leap (90 degrees)</li> <li>- Forward Split</li> <li>- Backward Roll to Puch-up Position</li> <li>- Forward Split</li> <li>- ½ (180 degrees) Turn in Forward Passe</li> <li>- Round –off</li> <li>- Flic-Flac to Two feet</li> </ul>

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