

## Level 3 GREAT GREENS!

### Floor

14.00DV

1 x floor strip of 12m long without music.

Acro: Choose four, two must be connected, two must be independent skills -

Cartwheel, backwards walkover, forwards walkover, handstand forward roll, backward roll to handstand,, round off, handstand, headstand, backflip to one or two, handspring to one or two, handstand 1/2 or full pirouette, tuck back somersault, free cartwheel, free walkover,

Dance: Choose two connected

Split leap/jump (must be over 90 degrees), cat leap full turn, scissor kick, full turn jump, split change, straddle jump, pike jump, 1/2 turn split jump

Spin: Choose one

Full spin on one foot with toe to knee, double spin, full spin on one foot with a straight leg (straight leg to go close to horizontal) illusion turn, full spin in a squat on one foot.

Flexibility: Choose one

Splits (any way), japana swim through, pike fold (sitting or standing), bridge with 1 leg up, lay on tummy hold feet above head, handstand split (held for a few seconds)

Strength: Choose one

3 x full press ups (elbows in or out), 3 x controlled V-Sits starting and ending in dish shape, pike stand to lower into straddle lever hold, headstand push to handstand, pike lever hold

#### Notes:

- Total 9 moves to be performed in any order
- Acro moves that are connected can be connected using a chassé, for example free walkover chasse free cartwheel.
- Gymnasts can perform 2 backflips or handsprings, split and also to land on 2 feet.
- Moves should be linked via dance and artistry. Bonus of up to 0.5 will be awarded for artistry.

### Vault

8m run up 1m/1m10 table vault

#### Option 1

Squat on, kick to handspring off 10.50DV

#### Option 2

Handspring 11.00DV

#### Option 3

Half on 11.50DV

#### Option 4

Straight jump on, front or back somersault off 11.50DV

#### Notes:

- Total of 2 x vaults to be performed.
- Gymnast can choose 2 different vaults or perform the same vault twice.
- Best score to count.