

# LEVEL 3 BOYS ROUTINES

## Level 3 Floor

Start: Present to judges

Kneeling on floor, arms circle and pass through angry cat into **FRONT SUPPORT 3 secs** turn to **BACK SUPPORT 3 secs**.

Pike sit and reach arms to toes before doing a backward shoulder roll to knees. Stand.

**JUMP FULL TURN**

**TUCK JUMP, STAR JUMP** in series.

Rocket into **HANDSTAND** finish in lunge 3 secs.

Step **PASSÉ HOLD 3 secs**

Step feet together to pike **FORWARD ROLL** into immediate **STRAIGHT JUMP**

**T-HAND CARTWHEEL**

Step feet together into **BACKWARD ROLL** to front support then kneeling.

Finish pose.

Finish: Face Judge and present

## Level 3 Pommel

(Routine performed on pommel)

Start: **PRESENT** to judges

- From standing, jump or swing into a  $\frac{1}{2}$  **Double Leg Circle** to finish in **REAR SUPPORT**, HOLD 3 secs.
- With control, Counter turn on the spot to **FRONT SUPPORT**. Repeat 4 times.
- From standing, jump or swing into a **Double Leg Circle** to finish in **FRONT SUPPORT**, HOLD 3 secs.
- Push from front support to STAND behind the mushroom.

Finish: Face Judge and **PRESENT**

## Level 3 Bars

Start: Present to judges

- **GLIDE SWING** to motorbike landing 3 secs.
- **PULL OVER** finish in front support shape.
- **CAST** Straight arms, must reach 60 degrees below horizontal.
- **FORWARD ROLL** through pike hang to finish in **TUCK HANG** (Straight Arms knees to chest in tuck position.) hold 3 secs.
- **MOTORBIKE 3 secs**.

Finish: Face Judge and present

## Level 3 Vault

Start: Present to judges

- Underarm entry into **HANDSTAND FLAT BACK** on beat board. Landing on 30cm crash mat.

Finish: Face Judge and present

## Level 3 P-Bars

Start: Present to judges

- Jump to **CROSS SUPPORT** for 3sec.
- **TUCK SUPPORT** Held 3 secs.
- Kick out from tuck through L shape into 3 **SWINGS**. Feet at bar height at front and back of swing. Finish final swing at front and straddle legs onto rails.
- **STRIDE SUPPORT** Move hands in front of legs as hold in star shape with hips open for 3 Secs.
- Lift legs up and together **SWING X 1.5** (backward, forward, backward).
- **DISMOUNT** at back of final swing, held 3 secs.

Finish: Face Judge and present

## Level 3 Rings

Start: Present to judges

- **TUCK HANG** held for 3 sec. Kick through L position into Swing.
- **SWING** to **BASKET HANG** held 3sec.
- From **Basket hang** open into **INVERTED HANG** Held 3 secs.
- From inverted, return to basket and lower down to **L Hang**
- Into 3 **SWINGS** 45 Degrees above lower vertical.
- **DISMOUNT** at back of 3<sup>rd</sup> swing in **MOTORBIKE**.

Finish: Face Judge and present