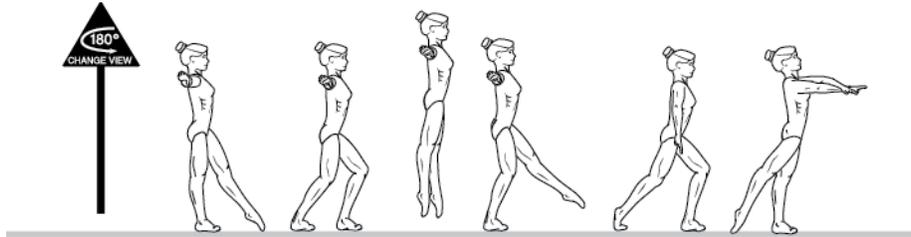


	FORWARD PASSÉ BALANCE (0.40)	<u>0.10</u>	Leg in incorrect position (not in forward passé)
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Points of emphasis:

posture, straight base (support) leg, high relevé and correct leg position

5. FORWARD CHASSÉ (0.20), Pose



Lower the *right* heel to the floor and move the *left* foot forward through a turned out 1st position to point on the floor.

Arms: Open both arms to side-middle.

Step forward onto the *left* foot (turned out slightly) through 4th position demi-plié. Push off the floor with both feet to execute a **FORWARD CHASSÉ**, closing the *right* foot behind the *left* foot in the air (tight 5th position). Land in demi-plié on the *right* leg with the *right* foot turned out slightly. The *left* leg remains in front, pointing down toward the floor.

Arms: Remain in side-middle.

Step forward onto the *left* leg in demi-plié. Immediately straighten the *left* leg to stand with the *right* leg extended backward slightly turned out, and the *right* foot pointed on the floor to execute a **pose**.

Arms: Lower sideward-downward, forward-upward to finish at forward-middle with the arms crossed at the wrists.

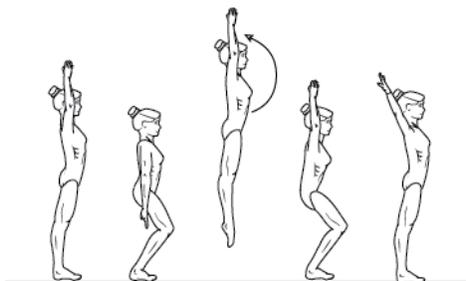
Focus: Forward.

	FORWARD CHASSÉ (0.20)	Each <u>0.05</u>	Failure to pass through plié in and out of forward chassé
		Up to 0.10	Failure to close the legs in the air

Points of emphasis:

posture, turn out, step through plié using toe, ball, heel, close legs in air

6. STRETCH JUMP (0.40)



Close the *right* foot next to the *left* to finish with both feet side-by-side (feet flat).

Arms: Lift both arms forward-upward to crown.

Demi-plié both legs. Push off the floor extending the legs through the hips, knees, ankles and toes with the legs together to execute a **STRETCH JUMP**. **During the jump, the inner thighs should press together.**

Land on both feet side-by-side in demi-plié, pressing through the balls of the feet to lower the heels onto the floor OR land with the heels slightly off the floor.

Arms: During the plié, lower both arms sideward-downward to low. During the **STRETCH JUMP**, lift both arms forward-upward to crown. Arms remain in crown upon landing.

Extend the legs to finish in a straight stand.

Arms: Open supply to finish sideward-diagonally-upward.

 —	STRETCH JUMP (0.40)	0.10	Failure to keep legs joined in the air during stretch jump
		0.10	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed
Points of emphasis: <i>posture, amplitude, legs closed, pointed feet</i>			

7. FORWARD ROLL TUCKED (0.40)



Bend the knees and reach forward to place the hands on the floor. Lower the head by tucking the chin to the chest and keeping the back rounded. Lift the hips to place the back of the head and shoulders on the floor. Push off both feet to initiate the **FORWARD ROLL TUCKED**.

During the roll, maintain the tuck of the legs with or without the use of the hands on the shins, pull the knees close to the chest and heels close to the buttocks. Maintain this tight tuck position throughout the forward roll.

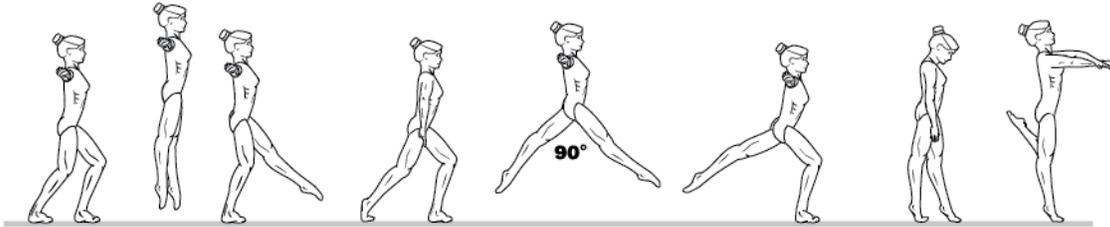
Place the feet on the floor and lean forward to arrive in a tuck stand. Immediately straighten the legs to finish in a straight stand.

Arms: At the completion of the roll, lift arms to high, then open to sideward-diagonally-upward.

Roll	FORWARD ROLL TUCKED (0.40)	Up to 0.20	Failure to maintain tuck position during forward roll
		0.30	Pushing off the floor with hands to arrive in tuck stand
Points of emphasis: <i>rounded tuck shape, stand without pushing off the floor with the hands</i>			

Revised June 12 and on August 31, 2021
deleted description of lock position in
stretch jump

4. Forward Chassé, STRAIGHT LEG LEAP (90°) (0.60), Fish Pose



Toward corner 2, step forward onto the *left* foot (turned out slightly) through 4th position demi-plié. Push off the floor with both feet to execute a **forward chassé**, closing the *right* foot behind the *left* foot in the air (tight 5th position). Land in demi-plié on the *right* leg with the *right* foot turned out slightly. The *left* leg remains in front, pointing down toward the floor.

Arms: Remain in side-middle. Turn the palms down.

Take a long step (or straight leg run) onto the *left* foot in demi-plié, then swing the straight *right* leg forward-upward to horizontal and push off the floor with the *left* leg. Swing the *left* leg backward-upward to execute a **STRAIGHT LEG LEAP** with a **minimum of 90°** even leg separation in flight.

Land on the *right* leg in demi-plié with the *left* leg extended backward, turned out slightly, passing through a low arabesque position. The emphasis is on body alignment and height of the leap.

Arms: Low position on the step. During and on the landing of the **STRAIGHT LEG LEAP**, use one of the three acceptable arm positions for leaps listed in the Glossary.

Continuing toward corner 2, step forward *left* (flat or in relevé).

Arms: Lower both arms to Low.

Focus: Low.

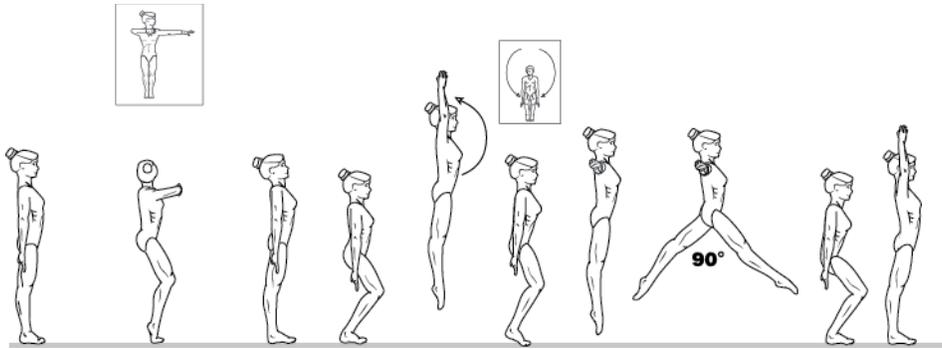
Step forward *right* in relevé and bend the *left* leg backward-upward a minimum of 90° to finish with both knees touching to execute a **fish pose**.

Arms: Lift both arms forward-upward to finish at forward-middle with the arms crossed at the wrists.

Focus: Forward.

	STRAIGHT LEG LEAP (90°) (0.60)	Up to 0.10	Bending the lead (front) leg on take-off
		Up to 0.20	Uneven leg separation
Points of emphasis: <i>posture, amplitude, even leg separation, coordination of arms with leap</i>			

5. Pose, STRETCH JUMP (0.20), SPLIT JUMP (90°) (0.40)



Step forward *left*, close the *right* foot next to the *left* to finish with both feet side-by-side facing corner 2 (feet flat).

Arms: Lower both arms forward-downward to low.

Focus: Forward.

Demi-plié both legs and simultaneously lift both heels off the floor to finish in a forced arch **pose**.

Arms: Bend and lift the *right* arm forward-upward to touch the fingertips of the index and second finger to the *left* shoulder, palm out. Simultaneously, lift the *left* arm sideward-upward to side-middle, palm down.

Focus: *Left*.

Extend both legs and lower both heels to the floor.

Arms: Lower both arms sideward-downward to finish either low OR backward-diagonally-low.

Focus: Forward.

Demi-plié both legs. Push off the floor, extending the legs through the hips, knees, ankles and toes with the legs together to execute a **STRETCH JUMP**. **During the jump, the inner thighs should press together.**

Arms: Lift both arms forward-upward to crown for the **STRETCH JUMP**. Lower sideward-downward to low on landing.

	STRETCH JUMP (0.20)	0.10	Failure to keep legs joined in the air during stretch jump
		0.10	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed

Points of emphasis:
posture, amplitude, legs closed, pointed feet

Revised June 12 and on August 31, 2021
deleted description of lock position in
stretch jump

	FLIC-FLAC TO TWO FEET, Rebound (0.60)	Up to 0.30	Squat into flic-flac
		<u>0.10</u>	Failure to land on both feet simultaneously
		<u>0.10</u>	Failure to rebound immediately
		<u>0.05</u>	Failure to pause in a controlled “stick”
<i>Points of emphasis: acceleration, power, and straight legs throughout</i>			
Lack of Acceleration in the Series	Up to 0.20	<u>Not</u> applied if a <u>0.30</u> deduction is taken for a stop between elements	

13. Kneeling/Sitting Pose, ½ Kneeling Side Pose, Final Pose



Step forward *right* with a flat foot. Point the *left* foot behind the *right* foot.

With the toes of the *left* foot pointed under, demi-plié the *right* leg to arrive in a **kneeling/sitting pose** with the ball of the *right* foot next to the *left* knee/shin. The *left* leg is bent with the *left* shin on the floor and the *left* foot pointed. The buttocks are resting on the *left* heel.

Arms: Lower both arms sideward-downward to rest the fingertips on the floor to the sides of the body.

Focus: Down.

Raise the buttocks off the *left* heel, extending the hips and torso. Lift and extend the *right* leg and point the *right* foot out toward **side 5**. The torso is facing corner 2 to complete the ½ **kneeling side pose**.

Arms: Lift sideward-upward to side-middle.

Focus: Forward.

Bend and close the *right* leg next to the *left* leg to finish in the **final pose**. In the **final pose**, the gymnast must have knees and thighs together in a kneeling/sitting pose with the buttocks resting on the heels with the torso straight. The *left* knee must remain in contact with the floor at all times.

Arms: Optional.

Focus: Optional.

Revised June 6, 2021- **#13 Deleted first
Arm description**
and revised Aug. 31, 2021

LEVEL 3 FLOOR EXERCISE ~ EVALUATION POINTS

1. Show good body and leg alignment on **SPLIT JUMP**.
2. Show open arm angle and maintain straight arms and legs on **HANDSTAND FORWARD ROLL** and **HANDSTAND TO BRIDGE, BACK KICK-OVER**.
3. Show good footwork and alignment on the **CHASSÉ** and **STRAIGHT LEG LEAP**.
4. Show straight arms and legs on **BACKWARD ROLL OPEN TO 45° ABOVE HORIZONTAL, LOWER to PUSH-UP POSITION** and **ROUND-OFF, FLIC-FLAC**.

LEVEL 3 FLOOR EXERCISE ~ DEVELOPMENTAL SKILLS

1. Straight arm backward roll to handstand down an incline mat

From a stand in front of or on top of an incline mat, bend the knees to arrive in a tuck sit. Begin rolling backward with the head tucked, chin to chest.

With the arms straight and hands turned inward, reach backward to place the sides of the little fingers (heels of the hands) on the mat behind the head no wider than shoulder-width apart to execute a **backward roll to handstand**, with the arms straight and the legs together. The hands are allowed to shift or hop into the handstand phase.

Step down *right* while keeping the ears covered by the arms to finish on a straight (or slightly bent) *right* leg and immediately close the *left* beside the *right* foot to finish with both legs straight OR to finish in a *right* lunge, pressing the *right* knee and both hips forward.

Arms: Remain in high throughout and as the step down occurs. Open sideward-diagonally-upward on the finish.

2. Front Limber

From stand on *left* leg, point the *right* foot forward onto the floor. Transfer the weight onto the *right* foot to execute a *right* lunge OR “mountain climber entrance” on the *right* leg.

Lift the *left* leg backward-upward overhead, keeping the ears covered by the arms while reaching for the floor. Continue to lift the *left* leg backward-upward as the torso lowers.

Place the hands side-by-side, shoulder-width apart, on the floor while pushing off with the *right* leg to arrive in a handstand with legs together, arms straight, shoulders open and extended, hip angle open and flat, and focus on the hands, showing a straight line from the wrist to the ankles.

Focus: On the hands.

Continue to open the shoulder angle past the hands and arch the upper back, lowering the straight legs toward the floor. Place the feet flat on the floor shoulder-width apart or closer with the legs straight or bent to complete a bridge.

To execute the **front limber**, press the hips and thighs forward and push from the hands to stand up to finish in a straight stand.