

Level 3

Vault

- Jump to handstand on 32" mat
- Handspring over stacked skill cushions turned sideways
- Handspring from elevated surface
- $\frac{3}{4}$ front salto stretched onto stacked skill cushions

Bars

- Mount: glide swing and return-back hip pullover
- Mount: Straddle/pike glide kip
- Front hip circle
- Single leg squat through
- Forward stride circle
- Single leg basket swing
- Single leg cut backward
- Cast
- Back hip circle
- Underswing dismount
- Rock kips
- Hollow rolls
- Hanging arch to hollow drills

Beam

- Mount: Leg swing with $\frac{1}{2}$ (180°) turn
- Cross handstand
- Arabesque
- Straight leg leap (90°)
- Stretch jump, stretch jump
- Two (2) $\frac{1}{2}$ (180°) pivot turns
- $\frac{1}{2}$ (180°) turn in forward passé (heel snap turn)
- Cartwheel to side handstand, $\frac{1}{4}$ (90°) turn dismount
- Series of split jumps (spring surface)
- Handstand forward roll on low beam
- Cartwheel $\frac{1}{4}$ turn inward on low beam

Floor

- Split jump
- Stretch jump
- Handstand to bridge, back kick-over
- Handstand forward roll step-out with straight arms
- Straight leg leap (90°)
- Backward roll to push up position
- Forward split
- $\frac{1}{2}$ (180°) turn in forward passé
- Round-off
- Back handspring to two feet
- Straight arm backward roll to handstand down incline mat
- Front limber
- Power hurdle front handspring