

BOYS Level 3

Boys must be under 8 on 1st January in the year of the Competition.

FLOOR

Serial	Level 3 - Floor square.	Value
1	Standing raise arms Sideways & Across & Down & Up Sideways. Lower forward & touch toes and hold for 2 secs.	0.50pts
2	Stand & bend to crouch position, Forward Roll to lying on back, push to Bridge hold for 2 secs.	0.50pts
3	Lie down, roll over, circle the arms to near shoulders and push to Front Support, jump to Crouch and place hands on floor and lift to Headstand with Bent Legs hold for 2secs.	0.50pts
4	Lower feet to floor, stand and Balance on one leg for 2secs. Lower leg and with arms stretched above the head, circle one arm & lift one leg with quarter turn to side straddle stand, circle the other arm & quarter turn and bring the back foot into stand.	0.50pts
5	Lower the arms to in line with the shoulders, take 3 steps and on the 3rd lower to kneeling on one knee, half-turn & lie on back and lift to Shoulder Balance, hold for 2secs.	0.50pts
6	Roll forward to stand then Upward Jump with half-turn.	0.50pts
7	Continue with 3 voluntary moves plus linkings to finish.	1.50pts
	Start Value	4.50pts
	Execution	10.00pts
	Exercise Value	14.50pts

PARALLEL BARS

Serial	Level 3 - Parallel Bars at a height suitable to height of gymnasts.	Value
1	From standing with bars at shoulder height, Jump to Support Grasp & hold for 2secs.	0.50pts
2	4 x Hand walks	0.50pts
3	Lift legs to Half-Lever hold for 2secs.	0.50pts
4	Swing legs backward & 2 x Shaper Swings	1.00pt
5	On the last forward swing straddle legs to high Back Support hold for 2secs.	0.50pts
6	Lower to sitting and reach forward, grasp and swing forward to straddle back support	0.50pts
7	Lift one leg and arm to flank Dismount	1.00pt
	Start Value	4.50pts
	Execution	10.00pts
	Exercise Value	14.50pts

VAULT

Serial	level 3 - Vaulting Table lowest height	Value
1	Squat On - Stretch Jump Off - Table 100cms & spring board.	3.50pts
2	Voluntary Vault - Table 100cms & spring board (NB: if the same as set vault 3.50pts)	4.50pts
	Execution	10.00pts
	NB: Add the two vault scores together and divide by 2 for final score.	

PPP

Serial	Level 3	Value
1	5 x Sit Ups	0.50pts
2	5 x Press Ups	0.50pts
3	2 x Chins	0.50pts
4	5 x Burpees	0.50pts
5	1 second Lever Hold (Pike or Straddle)	0.50pts
	Start Value	2.50pts
	Execution	10.00pts
	Exercise Value	12.50pts

Judging Points - Please use the Judging Sheets for each apparatus.