

## Level 3 Florida AAU Boys routines 2017-2020

**Judging guidelines Level 3** Coach talking to gymnast at any time = No deduction.

### Level 3 Floor Exercise

<b>Base score</b>	<b>10.0</b>
<b>Specified Bonus</b>	<b>1.0</b>
<b>Virtuosity</b>	<b>0.5</b>
<b>Stick Bonus</b>	<b>0.2</b>
<b>Maximum Score</b>	<b>11.7</b>

<b>Description</b>	<b>Performance Criteria</b>
1. Tucked Forward roll to stand	Feet must stay together on roll up
2. Step forward through a front lunge with right leg in front, to a front cartwheel step- in	(bring right foot together with the in left foot on landing – do not end in a Lunge position)
3. Backward roll to hollowed push up position	bent or straight arms
4. Arch and jump to straddle stand	
5. Front roll to straight jump	bring legs together while rolling -hands should not touch floor on roll up.
6. Run, round off, rebound.	
<b>Specified Bonus: In #1, Kick to handstand roll down.</b>	no hold required.
<b>Specified Bonus: In #5 press through headstand roll down.</b>	no hold required.

The routine may be reversed in it's entirety.

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### Level 3 Mushroom / Pommel Horse

Base score	10.0
Specified Bonus	1.0
Virtuosity	0.5
<u>Stick Bonus</u>	<u>0.2</u>
Maximum Score	11.7

#### Description

#### Performance Criteria

1. Jump to one full circle, land

with feet together

2. Jump to a half circle with a  $\frac{1}{4}$  turn ( a flank dismount)

- Routine may be reversed in its entirety.

**Specified Bonus: In #1 connect the circle with the dismount.**

**Specified Bonus: In #1 add an additional circle.**

# Level 3 Rings

<b>Base score</b>	<b>10.0</b>
<b>Specified Bonus</b>	<b>1.0</b>
<b>Virtuosity</b>	<b>0.5</b>
<b><u>Stick Bonus</u></b>	<b><u>0.2</u></b>
<b>Maximum Score</b>	<b>11.7</b>

## Description

1. Pull up, to bent arm hang,
2. Slow controlled lower down
3. Lift legs to a straight arm tuck hang, hold, lower legs
4. Lift legs forward, swing legs back
5. swing legs forward, swing legs back
6. swing legs forward, swing legs back
7. swing legs forward, swing legs back,
8. swing legs forward, swing legs back,
9. swing legs forward to inverted pike hang
10. Skin the cat
11. Drop to landing

## Performance Criteria

2 second hold, Chin above hands

2 second hold Knees above hips in tuck hang.

All swings should be a minimum of 45 degrees below horizontal.

2 sec. hold. You should swing up to inverted pike hang after the 5th back swing

2 sec. hold The body should be as straight as possible in the skin the cat.

- Rings must show turn out in the back swing and skin the cat. -.1 each time \*
- Legs can be straight or tucked on swing to inverted pike.

**Specified Bonus: In # 1 a second pull up held for 2 seconds.**

**Specified Bonus: In #2 L hang for 2 seconds replacing the tuck hang.**

## Level 3 Florida AAU Boys routines 2017-2020

### Level 3 Vault

<b>Base score</b>	<b>11.0</b>
<b>Specified Bonus</b>	<b>0.0</b>
<b>Virtuosity</b>	<b>0.5</b>
<b><u>Stick Bonus</u></b>	<b><u>0.2</u></b>
<b>Maximum Score</b>	<b>11.7</b>

**Vault:** Run & straight jump off spring board on to 8" to 16" landing mat.

- **Requirements** - Straight body in the air, good vertical lift 6" - 1', Chest up on landing.
- Arms should be down by the side when the feet contact the board and swing forward to vertical as feet leave the board.
- Arms should be straight up in flight.
- Minimum of a 20 foot run.
- Speed of run is not a factor in the vault.

## Level 3 Florida AAU Boys routines 2017-2020

### Level 3 Parallel bars

Base score	10.0
Specified Bonus	1.0
Virtuosity	0.5
<u>Stick Bonus</u>	<u>0.2</u>
Maximum Score	11.7

Description	Performance Criteria
1. Jump or push up and lift legs to L support	hold 2 sec.
2. drop or lift and drop legs to a back swing	no height requirement
3. swing forward	Body straight on swings
4. swing back	45 degrees below horizontal on all swings unless stated.
5. swing forward	
6. swing back	
7. swing forward	
8. swing back	
9. swing forward	
10. Swing back, push over either bar in front support (Back swing) to dismount or dismount between bars.	The dismount is on the 5 <sup>th</sup> back swing.

Technical note: - A sinking and shrugging of the shoulders is encouraged during the swings.

**Specified Bonus: In # 1 a no deduction L hold for 2 sec.**

**Specified Bonus: In #10 The dismount above horizontal.**

# Level 3 Florida AAU Boys routines 2017-2020

## Level 3 Horizontal bar

<b>Base score</b>	<b>10.0</b>
<b>Specified Bonus</b>	<b>1.0</b>
<b>Virtuosity</b>	<b>0.5</b>
<b>Stick Bonus</b>	<b>0.2</b>
<b>Maximum Score</b>	<b>11.7</b>

### Description

### Performance Criteria

#### Horizontal bar

1. In over grip, coach assisted Pull over to front support and a stop is allowed.
2. cast, under bar shoot and swing back, coach assisted Body 45 degrees below horizontal on all swings
3. Swing forward swing back, The front tap swings should show a (Hollow, arch, kick, straight position change)
4. swing forward, Swing back,
5. swing forward, Swing back,
6. swing forward,
7. Swing back and drop to a strand. Drop at end of the 5th back swing.

- There is no deduction for piking in the hips in the back swing at this level although a hollow in the chest is preferred.

**Specified Bonus: In # 1 unassisted pull over.**

**Specified Bonus: In #2 unassisted under bar shoot.**

**NOTE:** These routines are designed to enable young boys to compete in a very short time after signing up for gymnastics to get involved with the sport and help prepare them for Level 4 competition.