

Level 3

	Floor		execution out of 5	Vault	tariff	execution out of 10
1	Backward roll with straight arms to land on feet (can use a slope)	0.5		Squat or straddle on star jump off	1.2	
2	straight jump 1/2 turn	0.5		squat or straddle over (no layout)	1.3	
3	cartwheel	0.5		squat or straddle over (with layout)	1.5	
4	shoulder stand (hold 3 secs)	0.5				
5	Bridge hold	0.5				
6	handstand to 90 degrees (can join legs)	0.5				
	Bench	0.5		Trampette		
7	jump to land in arabesque on bench dip steps to middle of bench,	0.5		Straight jump full turn	1.0	
8	tuck jump	0.5				
9	squat to sit in tuck - V Sit (supported) hold 3 counts rock back to stand (no hands)	0.5				
10	jump 1/2 turn dismount (hold 3 secs)	0.5				
				All landings to be held for 3 seconds		