

## **LEVEL 3 COMPULSORY & OPTIONAL ROUTINES**

**There is no written text for Level 3 Compulsory Routines. The video is the only version. For each apparatus, Level 3 gymnasts have the option to perform the Compulsory routine or an Optional routine. The Identified Skills for Compulsory routines & Required Skills for Optional routines are listed below.**

### **LEVEL 3/4 FLOOR (Compulsory Routine)**

The video is the only version of the routine.

**MUSIC:** Quadrille

#### **IDENTIFIED SKILLS**

- 1- Side body wave to back body wave
- 2- Back arabesque balance in relevé (either leg)
- 3- Passé balance in relevé (either leg)
- 4- Waltz dance steps
- 5- Chainé turn to vertical jump with leg extended in front (45°, either leg)
- 6- Forward body wave
- 7- Dance steps with chassés
- 8- 360° passé pivot (either direction)

### **LEVEL 3 ROPE (Compulsory Routine)**

The video is the only version of the routine.

**MUSIC:** Welcome to the 60s

#### **IDENTIFIED SKILLS:**

- 1- Dance steps
- 2- 360° passé pivot
- 3- Backward skips. Windmill turn
- 4- Vertical jump with leg extended to front (45°)
- 5- Release one end of rope, swing and catch
- 6- Jumps through rope
- 7- Passé balance in relevé
- 8- Backward jump over rope

### **LEVEL 3 ROPE (Optional Routine)**

Choreography and music are optional. Maximum time: 1:30

The routine must have 8 Required Skills.

#### **REQUIRED SKILLS**

Body Difficulties

- 1- 360° Passé pivot – swing
- 2- Vertical jump with leg extended to front (45°) – overhead rotations
- 3- Passé balance in relevé – overhead rotations

Dance Steps

- 1- Frontal rotations
- 2- 4 backward skips. Windmill turn. (in any order)

Additional body movements/apparatus handling

- 1- Hold 1 end of rope, swing forward to catch the other end
- 2- 3 jumps through the rope
- 3- Backward jump over the rope

### **LEVEL 3 HOOP (Compulsory Routine)**

The video is the only version of the routine.

**MUSIC:** Big Band Show

#### **IDENTIFIED SKILLS:**

- 1- Assisted spin. Dance steps
- 2- Small jumps through hoop (2)
- 3- Front arabesque balance in relevé
- 4- 180° flip toss
- 5- 360° passé pivot
- 6- Hitchkick/scissors jump
- 7- Toss and catch (either hand)
- 8- Boomerang roll (either hand)

### **LEVEL 3 HOOP (Optional Routine)**

Choreography and music are optional. Maximum time: 1:30

The routine must have 8 Required Skills.

#### **REQUIRED SKILLS**

Body Difficulties

- 1- 360° Passé pivot - pass around waist
- 2- Chassé to Hitchkick – (inside hoop) shake hoop on chassé, raise overhead on hitchkick
- 3- Front arabesque balance in relevé – pass overhead

Dance steps

- 1- Assisted spin around vertical axis
- 2- 180° flip toss

Additional body movements/apparatus handling

- 1- Small jumps through the hoop (minimum 2)
- 2- Toss & catch with 1 hand (sagittal plane)
- 3- Boomerang roll

### **LEVEL 3 BALL (Compulsory Routine)**

The video is the only version of the routine.

**MUSIC:** Happy Working Song

**IDENTIFIED SKILLS:**

- 1- Dance steps. Roll ball down back.
- 2- 180° passé hop
- 3- Bounces in a V
- 4- Back arabesque balance in relevé
- 5- Dance steps. Roll ball in and out the arms.
- 6- 360° passé pivot
- 7- Skipping steps
- 8- Toss and catch (either hand)

**LEVEL 3 BALL (Optional Routine)**

Choreography and music are optional. Maximum time: 1:30

The routine must have 8 Required Skills.

**REQUIRED SKILLS**

Body Difficulties

- 1- 360° Passé pivot – swing to hold with 2 hands
- 2- 180° Passé hop – swing to hold with 2 hands
- 3- Back arabesque balance in relevé – pass ball overhead

Dance steps

- 1- Roll ball down the back
- 2- Roll ball in & out the arms

Additional body movements/apparatus handling

- 1- Bounce in a V from side to side
- 2- 4 skipping steps
- 3- Toss & catch with 1 hand

**LEVEL 3 CLUBS (Compulsory Routine)**

The video is the only version of the routine.

**MUSIC:** Rhythm of the Wilderness

**IDENTIFIED SKILLS:**

- 1- Dance steps with tapping & passé steps
- 2- Passé balance in relevé (either leg)
- 3- Small vertical circles outside the arms (3)
- 4- Dance steps with chassé
- 5- Hitchkick/scissors jump
- 6- 180° flip toss with each hand
- 7- 360° passé pivot (either direction)
- 8- Swing from one side to the other with a small circle in front

### **LEVEL 3 CLUBS (Optional Routine)**

Choreography and music are optional. Maximum time: 1:30

The routine must have 8 Required Skills.

#### **REQUIRED SKILLS**

Body Difficulties

- 1- 360° Passé pivot – hold clubs in both hands, swing overhead
- 2- Hitchkick – tap overhead
- 3- Passé balance in relevé – 3 taps in front

Dance steps

- 1- Side chassé
- 2- Swing from one side to the other with a small circle in front

Additional body movements/apparatus handling

- 1- Marching steps in relevé (minimum 2)
- 2- 3 small vertical circles (outside the arm) with both hands (forward or backward)
- 3- 180° flip toss with each hand (holding head of clubs to toss, catch body of clubs)

### **LEVEL 3 RIBBON (Compulsory Routine)**

The video is the only version of the routine.

**MUSIC:** Fringe

#### **IDENTIFIED SKILLS:**

- 1- Dance steps
- 2- Sideways steps over ribbon
- 3- Catleap
- 4- 180° passé hop
- 5- Backward steps changing the ribbon from hand to hand with rotation of the stick
- 6- Front arabesque balance in relevé
- 7- Runs over frontal circles
- 8- 360° passé pivot

### **LEVEL 3 RIBBON (Optional Routine)**

Choreography and music are optional. Maximum time: 1:30

The routine must have 8 Required Skills.

#### **REQUIRED SKILLS**

Body Difficulties

- 1- 180° Passé hop – overhead circle
- 2- Front arabesque balance in relevé – overhead circle
- 3- 360° Passé pivot – overhead circle

Dance steps

- 1- Spirals
- 2- 4 sideways steps over ribbon

Additional body movements/apparatus handling

- 1- Catleap
- 2- Steps changing the ribbon from hand to hand with rotation of the stick – 4 times
- 3- 4 runs over large frontal circles