**Regional Level 3**

|  |  |
| --- | --- |
|  | **Choose one move from each row to be performed in the order listed below** |
| Move 1Value 1.0Hold 3” |  **or (+0.1) or (+0.2)** |
| Ind 1Value 2.0 (1.0 each) |  **or**  **(+0.1)** |
| Move 2Value 1.0Hold 3” | **or**  **or**  **(+0.1) or** **(+0.1)**  |
| Ind 2Value 2.01. each)

hold 1” | or  |
| Pair 3Value 1.0 |  With or without jump **(with jump +0.1)** |
| Ind 3Value 2.01. each)

Hold 2” | Image (26) **or** Floor Exercise 1**(+0.1) or** **(+0.2)** |
| Move 4Value 1.0Hold 3” |  **or** Image (8) **(+0.1) or** **(+0.2)**  **bottom off heels** (can face either way in either counter-balance)  |
| Ind 4Value 2.0(1.0 each) |  |
| Move 5Value 1.0 |  **or** **(+0.1)** Both can be over dish or arch |

The whole routine should flow and not be too slow (or fast) and should not stop/start throughout.

The routine should be performed on half a floor maximum area of 12 m x 6 m.

Gymnasts add simple linking moves and must include those from the “links” table and can perform in any direction around the floor (they don’t have to use the whole area).

|  |
| --- |
| **Links table:*** **Forward movement**
* **Sideways movement**
* **Backward movement**

 ***Movement ideas: chasse, skip, run, walk**** **A turn or spin**
* **A jump or leap**
 |

The links can even be linked!

Tariff sheets for this level to be submitted – Tariff sheet is below:

**Regional Level 3 – Tariff Sheet**

**Gymnast Names: Club:**

|  |  |  |
| --- | --- | --- |
|  | **Choose one move from each row to be performed in the order listed below****Circle the moves being done – write bonus values in “value” column** | **Value**  |
| Move 1Value 1.0Hold 3” |  **or (+0.1) or (+0.2)** |  |
| Ind 1Value 2.0 (1.0 each) |  **or** **(+0.1)** |  |
| Move 2Value 1.0Hold 3” | **or**  **or**  **(+0.1) or** **(+0.1)**  |  |
| Ind 2Value 2.01. each)

hold 1” | or  |  |
| Pair 3Value 1.0 |  With or without jump **(with jump +0.1)** |  |
| Ind 3Value 2.01. each)

Hold 2” | Image (26) **or** Floor Exercise 1**(+0.1) or** **(+0.2)** |  |
| Move 4Value 1.0Hold 3” |  **or** Image (8) **(+0.1) or** **(+0.2)**  (both can face either way in counter-balance ) |  |
| Ind 4Value 2.0(1.0 each) |  |  |
| Move 5Value 1.0 |  **or** **(+0.1)** Both can be over dish or arch |  |
|  | **TOTAL BONUS VALUES** |  |