

## **Additional Information on Voluntary Routines – Artistic Gymnastics Level 3 and 4**

### **WOMEN'S LEVEL 3**

Level 3 routines are optional routines, comprised of elements from the Level 3 skill list. There are no videos of Level 3 routines, because gymnasts perform a routine on each event with optional choreography. Below is a list of the required skills. For more detail, consult the Special Olympics Artistic Gymnastics Rules.

Vault – Choice of 2 vaults

- Squat vault over the table
- Repulse through handstand (use a board with collar and a 12 inch mat)

Uneven Bars – There are 2 sections to the routine: low bar and high bar

- Low bar
  - Mount – jump to straight arm support (or pullover for bonus)
  - Cast
  - Back hip circle
  - Underswing dismount
- High bar
  - Mount – Jump to long hang, with forward swing
  - Swings
  - Swing forward with ½ turn dismount

Balance Beam – Must be done on high beam

- Mount – using springboard, single leg takeoff to squat on with hand support (Bonus – double foot takeoff to squat on without hand support)
- Assemble, straight jump
- Coupe ½ turn on single leg
- 2 side chasses
- Jump ¼ turn
- 2 coupe steps backwards
- Leap
- Scale balance (45 degrees)
- Lunge to round -off dismount
- Maximum time 1:30

Floor Exercise

- Acro
  - Cartwheel(s)
  - Round-off
  - Roll(s)
  - Handstand
  - Maximum time 1:30

- Dance
  - 360 degree turn on one foot
  - Pass with leap(s)
  - Jump(s)
  - Body wave

#### **WOMEN'S LEVEL 4**

Level 4 routines are optional routines, comprised of skills evaluated as either Recognized Skills, A, B, C or above (FIG). There are no videos of Level 4 routines, because gymnasts perform a routine of each event with optional choreography. A gymnast must perform at least 9 skills in each routine (except Vault). Event requirements are listed below. For more details, consult the SOI Artistic Gymnastics Rules.

Vault – Refer to FIG Code of Points

#### Uneven Bars

- Bar change(s)
- Cast(s)
- Kip(s)
- Forward & backward swings
- Dismount

#### Balance Beam

- Turn(s)
- Leaps(s)
- Low & high element(s)
- Balance hold(s)
- Dismount
- Maximum time 1:30

#### Floor Exercise

- Acrobatic skill(s)
- Dance skill(s)
- 360 degree turn/spin
- Forward & backwards element(s)
- Balance hold(s)
- Maximum time 1:30