



Advanced Girls 3

| Vault | |
|---|--|
| Handspring 1/2 Off OR 1/2 on 1/2 off with bb over vault | |
| Handspring 1/1 off OR 1/2 on 1/1 Off with mt over vault | |
| 1/2 on, overrotation to back with mt over vault onto resi | |
| Bars | |
| Giants on straps | |
| Swing 1/2 turn at bar height | |
| Free hip circle to bar height | |
| Sole circle | |
| Cast handstand (straddle or straight) | |
| Glide kip | |
| Long kip | |
| Routine of 6 skills | |
| Beam | |
| Leap line of 2 elements. One with 180° split | |
| Switch leap to 135° | |
| Cartwheel press down to clear straddle | |
| Back walkover on high beam | |
| Front walkover on high beam | |
| Back handspring or round off on low beam | |
| Back tuck dismount | |
| Routine of 6 skills w acro and leap series | |
| Floor | |
| Press to feet to handstand | |
| Fr. handspring, step out fr. handspring 2 feet | |
| Front handspring to dive roll | |
| Round off, back handspring , back tuck | |
| Front tuck | |
| Switch leap to 180° | |
| Routine of at least 6 skills with leap series, 2 acro series and 1 salto | |
| Trampoline | |
| Cruise | |
| Ballout | |
| Front 3/4 | |
| Back 3/4 | |
| Baranis (tuck/pike) | |
| Layout saltos (front/back) | |

E = Emerging C = Competent P = Proficient

Pass / Continue Advanced 3