

Changes in Text & Penalties for LEVEL 3 Effective August 1, 2007

LEVEL 3 VAULT:

The height requirement for matting changed to read "waist high (of gymnast) , plus or minus up to 8 inches of skill cushion".

Level 3 - Floor Exercise, page 3

***4. BRIDGE, KICK-OVER (0.60)**

(1, 2, 3, 4, 5, 6, 7, 8, 1, 2, 3, 4, 5, 6, 7, 8)

Bend the knees to go through a tuck sit, to finish in a back lying position with the knees bent and the feet flat on the floor, shoulder-width apart.

ARMS: Reach backward to place the hands on the floor, by the shoulders, with the palms down and the fingertips pointing toward the shoulders.

Push down against the floor and extend the arms. and legs to arrive in a BRIDGE position with arms straight, shoulder-width apart or closer and the legs straight or bent.

FOCUS: Keep the head in a neutral position and maintain the focus on hands.

Kick the Right leg overhead while pushing off the floor with the Left leg to pass through vertical in a handstand position with the legs separated. (It is acceptable to move/adjust the Left foot in as the Right leg initiates the kick.) Step down using the levering action to finish in a Right lunge, pressing the Right knee and both hips forward.

(If reversing the Backbend kick-over, kick the Left leg overhead.)

ARMS: Finish the step down with arms in high position; then open to sideward-diagonally-upward.

New deductions for Floor Exercise, Level 3

Level 3

4. Bridge kick-over (0.60)

Failure to push shoulders behind hands in bridging phase Up to 0.20

Extra kicks to establish inverted vertical position on kick-over Each 0.30