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

Floor Exercise
  • Acro
    o Cartwheel(s)
    o Round-off
    o Roll(s)
    o Handstand
• Dance
  o 360 degree turn on one foot
  o Pass with leap(s)
  o Jump(s)
  o 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

Floor Exercise
• Acrobatic skill(s)
• Dance skill(s)
• 360 degree turn/spin
• Forward & backwards element(s)
• Balance hold(s)