

GRADE 3 - PAIRS			
	1	2	3
A	<p>(i) Top in a shoulder handstand on straight arms of the Base. Top holds knees/legs of the Base. Base may have their feet on or off the floor.</p> <p>(ii) Top in a supported handstand on ankles of the Base. Base sits supported and supports one bent knee of the Top.</p> <p>(iii) Top in a supported handstand on ankles of the Base. Base sits unsupported and supports one bent knee of the Top with one or two hands.</p>	<p>(i) Top in shoulder handstand on straight arms of the Base. Top holds the arms of the Base.</p> <p>(ii) Top supported at the waist in handstand on one thigh of the Base. The Top may face inwards or outwards.</p> <p>(iii) Top supported by Base for a straddle up to handstand on thighs of the Base. The support point of the straddle up is optional.</p>	<p>(i) Top supported at the waist in handstand on one thigh of the Base. The Top may face inwards or outwards.</p> <p>(ii) Top supported at the waist in a handstand on the thighs of the Base. The Top may face inwards or outwards.</p> <p>(iii) Top in supported handstand on shoulders of the Base. Base supports one bent knee of the Top with one or two hands.</p>
B	<p>(i) Top stands supported at the waist on the thighs of the Base.</p> <p>(ii) Top in one arm counterbalance on thighs of the Base. The grip in the counterbalance is optional but all arms should be straight. The Top may face inwards or outwards.</p> <p>(iii) Top starts in lever on long arm support with feet on the Base's knees/thighs and motions to counterbalance on thighs of the Base. The grip is optional but all arms should be straight in counterbalance.</p>	<p>(i) Top stands unsupported on thighs of the Base. Base may be in chair, bridge or table position.</p> <p>(ii) Top stands supported on shoulders of the Base.</p> <p>(iii) Top sits on shoulders of the Base and motions to counterbalance on thighs of the Base. The grip is optional but all arms should be straight in counterbalance.</p>	<p>(i) Top stands on bent arm support of the Base.</p> <p>(ii) Top stands supported on shoulders of the Base.</p> <p>(iii) Top performs a cut through mount to supported standing on shoulders of the Base.</p>
C	<p>(i) Top in front angel on feet of the Base.</p> <p>(ii) Top in back angel on feet of the Base. Top can have both legs together straight or one bent knee in back angel.</p> <p>(iii) Top in lever on long arm support of the Base with feet on Base's knees/thighs.</p>	<p>(i) Top in front angel on long arm support of the Base.</p> <p>(ii) Top in lever on long arm support of the Base.</p> <p>(iii) Top in japana on feet of the Base.</p>	<p>(i) Top in front angel on long arm support of the Base.</p> <p>(ii) Top in back angel on long arm support of the Base. Top can have both legs together straight or one bent knee in back angel.</p> <p>(iii) Top in lever on long arm support or on head and bent arm support of the Base.</p>
D	<p>(i) Top performs a backward roll immediate straight jump supported at the waist by the Base. The Base may release and re-catch the Top but is not required to do so.</p> <p>(ii) Top lies on floor with legs straight and vertical. Base throws Top by ankles for a 3/4 tuck back salto. Top may use hands on floor but is not required to do so.</p>	<p>(i) Top performs two jumps in immediate succession supported at the waist by the Base. The shape of the Top is optional. The Base may release and re-catch the Top but is not required to do so.</p> <p>(ii) Top performs a roundoff immediate straight jump supported at the waist by the Base. The Base may release and re-catch the Top but is not required to do so.</p>	<p>(i) Top supported at hands performs a tuck/pike front salto dismount from standing on shoulders. The arm position of the Top on landing is optional.</p> <p>(ii) Top stands in bent arm support and performs a bend and lift on straight arms of the Base before being released to land. Bases may stay on low knees or move to a higher position.</p>
E	<p>(i) Top performs 1/4 straight front salto to catch in cradle. The jump can be from a run up or standing.</p> <p>(ii) Base pitches the Top for a lift on straight arms before releasing the Top to land supported on the floor.</p>	<p>(i) Top performs 1/4 straight front salto with 180° twist to catch in cradle. The jump can be from a run up or standing.</p> <p>(ii) From Wrap, Top is thrown for 1/4 straight front salto dismount.</p>	<p>(i) Top performs 1/4 straight front salto with 360° twist to catch in cradle. The jump can be from a run up or standing.</p>
Flex	<p>(i) Any splits can be performed. The hips should be square to the front and in box splits the knees should be facing the ceiling. Hands can be on or off the floor.</p> <p>(ii) Jump should be from 2 feet and the legs in the jump should be straight and parallel with the floor. Toes pointed and touched with the hands.</p>	<p>(iii) From standing with feet together drop back to bridge. No readjustment of hands or feet should be made to achieve the bridge.</p> <p>(iv) From a piked headstand the hips are opened by kicking allowing a 360° rotation to be completed before landing in back support or to sitting.</p>	<p>(v) Walkovers and Valdez can be performed either by passing through straight handstand (legs together) or through full split handstand.</p> <p>(vi) From handstand the 360° rotation should be finished before landing, which may be to back support or to sitting in the Healy turn.</p>
Stand	<p>(i) In the one foot stand the supporting leg must be straight and hips square. In the bent leg stand the free leg should be bent at 90° at the knee and the knee level with the hip. In the arabesque the free leg should be straight.</p> <p>(ii) From both knees and hands on the floor lift one leg straight off the floor as high as possible keeping the hips parallel with the floor.</p>	<p>(iii) In headstand, the line of the body should be straight with the knees tucked in close to but not touching the body.</p> <p>(iv) The tuck lever should have a straight back with the hips between the arms and knees lifted in front of the body.</p>	<p>(v) In headstand, the line of the body and legs should be together, straight and vertical.</p> <p>(vi) Lever should have a straight back with the legs straight and heels lifted above horizontal. Legs should not touch the arms.</p>
Agility/ Tumble	<p>(i) Forward roll should be made from 2 feet. The roll should pass through Japana without stopping and finish lying on front with arms above head and legs together.</p> <p>(ii) Cartwheel chasse cartwheel should be smooth and continuous without additional steps.</p>	<p>(iii) Handstand must hold for a moment before the roll. The arms may be bent or straight on entering the roll.</p> <p>(iv) The 1 arm cartwheel may use either the first or second hand to lead.</p> <p>(v) Roundoff may come from a run, hurdle step or standing.</p>	<p>(vi) Handstand must hold for a moment following the backward roll.</p> <p>(vii) Dive roll or Hecht dive roll must show good flight and roll smoothly to finish.</p> <p>(viii) The roundoff jump ½ turn cartwheel should be smooth and continuous without additional steps.</p> <p>(ix) Flic may come from an element or standing and can finish on two feet together or walkout.</p>

GRADE 3 - PAIRS			
	1	2	3
A			
B			
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D			
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Flex			
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Agility/ Tumble			

GRADE 3 – WOMEN’S GROUPS			
	1	2	3
A	(i) Top stands supported on shoulders of the Base and Middle. The support of the Top can be with either arm. (ii) Base supports the lower back of the Middle with straight legs. Top stands supported at waist or unsupported on the thighs of the Middle.	(i) Top supported on the lower leg and shoulder or upper arms in front or back log on straight arms of the Base and Middle. Top can be in front or back log. (ii) Top in a handstand, supported with one arm at the waist, on the thighs of the Base and Middle in lunge. Lunge can be in any orientation. The support of the Top can be with either arm. (iii) Top stands in long arm support on the Base and Middle who hold the Top in a 2-on-2 hand position.	(i) Top in lever on long arm support of the Base and Middle who hold the Top in a 2-on-2 hand position. (ii) Top in any splits supported by one leg and 1 arm on the shoulders of the Base and Middle. (iii) Top in lever on the feet of Middle. Base supports the ankles of the Middle on straight legs. Base and Middle can support legs with arms but are not required to do so. Base and Middle may be interchanged.
B	(i) Base supports the Middle, in a horizontal position, on straight arms. Top stands unsupported on the thighs of the Middle. (ii) Middle in front angel on feet of the Base. Top in handstand supported by the Middle on straight arms. The Top may face inwards or outwards. (iii) Top in a supported lever on thighs of the Base and Middle in lunge. Lunge can be in any orientation. The support of the Top can be with either arm.	(i) Base has legs straight and vertical. Base supports the Middle, in horizontal position, on straight arms. Top in a supported shoulder handstand on long arm support, holding feet of the Base with straight arms. (ii) Middle in table on Base in table. Top in lever on thighs of the Middle. (iii) Top in lever on long arm support of the Base. Middle in lever on bent knees of the Base. Top and Middle may be interchanged.	(i) Base has legs straight and vertical. Base supports the Middle, in horizontal position, on straight arms. Top in supported shoulder handstand holding on to the arms of the Middle. (ii) Top in supported shoulder handstand holding on to the arms of the Base in long arm support. Middle in lever on bent knees of the Base. Top and Middle may be interchanged. (iii) Middle in handstand on ankles of the Base supported by one ankle on a straight arm. Top in headstand supported on waist or leg by one hand of the Base. Top and Middle may be interchanged.
C	(i) Middle in a supported stand on shoulders of the Base. Top in handstand supported on the legs by the Middle on straight arms. The Top may face inwards or outwards. (ii) Top in a handstand, supported with one arm at the waist, on the thighs of the Base and Middle. The support of the Top can be with either arm. The Top may face inwards or outwards.	(i) Middle stands supported at the waist on thighs of the Base. Top in handstand supported on the legs by the Middle on straight arms. The Top may face inwards or outwards. (ii) Base supports the lower back of the Middle with straight legs. Top in handstand supported at waist on the thighs of the Middle.	(i) Middle stands unsupported on thighs of the Base. Top in handstand supported on the legs by the Middle on straight arms. The Top may face inwards or outwards. The Base can be in Chair, Bridge or Table position. (ii) Middle in pike handstand on ankles/legs of the Base supported at the ankles/legs. Top in lever on ankles/legs of Middle.
D	(i) From standing or motion Base and Middle support the Top in a handspring. There is no release, but the handspring must pass over the heads of the Bases. (ii) Top is pitched for a bend and lift on straight arm of the Bases before being release to land on the floor. Bases may stay on low knees or move to a higher position. (iii) Top stands on platform and bends, Base and Middle lift Top on straight arms before releasing and the Top lands on the floor.	(i) From standing or motion Base and Middle support the Top in a handspring with a release to catch in cradle. (ii) Top performs a roundoff with an immediate straight jump supported at the waist with no release by Base and Middle.	(i) Top performs a roundoff with an immediate 1/4 straight back salto to catch in cradle. (ii) Top is boosted for a pitch straight jump. (iii) Top is boosted for a pitch 1/4 front or back straight salto to catch in cradle. (iv) Top thrown from front or back log for 180° spin to catch in cradle.
E	(i) Top performs 1/4 straight front salto to catch in cradle. This can be from a run or from standing. (ii) Top performs 1/4 straight back salto to catch in cradle. This can be from a run or from standing.	(i) From cradle on front or back the Top is thrown for a 180° spin to re-catch in cradle. (ii) Top thrown from front or back log to catch in cradle.	(i) From cradle on back Top is thrown 1/4 straight front salto dismount. (ii) From cradle on front or back Top is thrown and caught in log. (iii) From cradle on front or back the Top is thrown for a 360° spin to re-catch in cradle.
Flex	(i) Any splits can be performed. The hips should be square to the front and in box splits the knees should be facing the ceiling. Hands can be on or off the floor. (ii) Jump should be from 2 feet and the legs in the jump should be straight and parallel with the floor. Toes pointed and touched with the hands.	(iii) From standing with feet together drop back to bridge. No readjustment of hands or feet should be made to achieve the bridge. (iv) From a piked headstand the hips are opened by kicking allowing a 360° rotation to be completed before landing in back support or to sitting.	(v) Walkovers and Valdez can be performed either by passing through straight handstand (legs together) or through full split handstand. (vi) From handstand the 360° rotation should be finished before landing, which may be to back support or to sitting in the Healy turn.
Stand	(i) In the one foot stand the supporting leg must be straight and hips square. In the bent leg stand the free leg should be bent at 90° at the knee and the knee level with the hip. In the arabesque the free leg should be straight. (ii) From both knees and hands on the floor lift one leg straight off the floor as high as possible keeping the hips parallel with the floor.	(iii) In headstand, the line of the body should be straight with the knees tucked in close to but not touching the body. (iv) The tuck lever should have a straight back with the hips between the arms and knees lifted in front of the body.	(v) In headstand, the line of the body and legs should be together, straight and vertical. (vi) Lever should have a straight back with the legs straight and heels lifted above horizontal. Legs should not touch the arms.
Agility/ Tumble	(i) Forward roll should be made from 2 feet. The roll should pass through Japana without stopping and finish lying on front with arms above head and legs together. (ii) Cartwheel chasse cartwheel should be smooth and continuous without additional steps.	(iii) Handstand must hold for a moment before the roll. The arms may be bent or straight on entering the roll. (iv) The 1 arm cartwheel may use either the first or second hand to lead. (v) Roundoff may come from a run, hurdle step or standing.	(vi) Handstand must hold for a moment following the backward roll. (vii) Dive roll or Hecht dive roll must show good flight and roll smoothly to finish. (viii) The roundoff jump ½ turn cartwheel should be smooth and continuous without additional steps. (ix) Flic may come from an element or standing and can finish on two feet together or walkout.

GRADE 3 – WOMEN'S GROUPS			
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B			
C			
D			
E			
Flex			
Stand			
Agility/ Tumble			

GRADE 3 – MEN’S GROUPS			
	1	2	3
A	<p>(i) Middle stands supported on the shoulders of the Bases. Bases support the Top, on legs, in a handstand with straight arms. The Top may face inwards or outwards. The support of the Top can be with either arm.</p> <p>(ii) Base 1 supports the lower back of Base 2 in a balanced position. The Middle stands supported at waist on thighs of Base 2 supporting the Top, on legs, in a handstand with straight arms. The Top may face inwards or outwards.</p> <p>(iii) Middle stands unsupported on the thighs of the Bases. Middle support the Top, on legs, in a handstand with straight arms. The Top may face inwards or outwards.</p>	<p>(i) Base 1 supports the lower back of Base 2 in a balanced position. Middle stands supported at waist on thighs of Base 2. Top in lever on long arm support of Base 1.</p> <p>(ii) Base 1 supports the lower back of Base 2 in a balanced position. Middle stands unsupported on thighs of Base 2. Top in lever on long arm support of Base 1.</p>	<p>(i) Base 2 is supported by Base 1 on the lower back in an off balance position. Middle stands in counterbalance on the thighs of Base 2. Top stands in hands of Base 1 in bent arm support. The grip in counterbalance is optional. The Middle may face inwards or outwards. Tops and Middle may be interchanged.</p>
B	<p>(i) Base 1 and Base 2 lie with their feet raised against each other. Top and Middle in supported shoulder handstand on long arm support holding the Bases legs.</p> <p>(ii) Base 2 stands supported at waist on the thighs of Base 1. Base 2 supports Top and Middle, on legs, in a handstand with straight arms. The Top and Middle may face inwards or outwards.</p> <p>(iii) Base 1 in table with Top in lever on thighs. Base 2 supports the ankles of Top in lever. Middle in lever on ankles of Base 2. Top and Middle may be interchanged.</p>	<p>(i) Base 1 supports the lower back of Base 2 in a balanced position. Middle in supported lever on thighs of Base 2. Top in lever on hands of Base 1. Top and Middle may be interchanged.</p> <p>(ii) Base 1 supports the lower back of Base 2 in a balanced position. Middle supported at waist in handstand on thighs of Base 2. Top in supported shoulder handstand on long arm support of Base 1 holding the Base's legs. Top and Middle may be interchanged.</p> <p>(iii) Base 1 supports the lower back of Base 2 in a balanced position. Middle supported at waist in handstand on thighs of Base 2. Top in lever on long arm support of Base 1. Top and Middle may be interchanged.</p>	<p>(i) Base 1 supports the lower back of Base 2 in a balanced position. Middle stands supported on the shoulders of Base 2. Top in supported shoulder handstand on long arm support Base 1 holding the Base's legs. Top and Middle may be interchanged.</p> <p>(ii) Base 1 lies with legs straight and vertical. Base 2 in table without arms, supported by Base 1. Middle in supported shoulder handstand on feet of Base 1 holding the Base's legs. Top in lever on hands of Base 2. Top and Middle may be interchanged.</p> <p>(iii) Base 1 lies with legs straight and vertical. Base 2 in table without arms, supported by Base 1. Middle in supported shoulder handstand on long arm support of Base 2 holding the Base's arms. Top in lever on feet of Base 1. Top and Middle may be interchanged.</p>
C	<p>(i) Base 2 sits on shoulders of Base 1. Middle stands supported at waist on thighs of Base 1 supporting the Top, on legs, in a handstand with straight arms. The Top may face inwards or outwards.</p>	<p>(i) Top stands unsupported on shoulders of Middle. Middle supports Base 1 and Base 2, on legs, in a handstand with straight arms on either side. Handstands are at 90° to stand on shoulders base position.</p>	<p>(i) Middle stands unsupported on shoulders of Base 1. Base 2 stands supported at waist on thighs of Base 1 supporting the Top, on legs, in a handstand with straight arms. The handstand can be performed facing inwards or outwards. Base 2 and Middle may be Interchanged.</p> <p>(ii) Middle stands supported on shoulders of Base 1. Base 2 stands unsupported on thighs of Base 1 supporting the Top, on legs, in a handstand with straight arms. The handstand can be performed facing inwards or outwards. Base 2 and Middle may be Interchanged.</p>
D	<p>(i) From standing or motion Base 1 and Base 2 support the Top and Middle in a handspring. There is no release, but the handspring must pass over the heads of the Bases.</p> <p>(ii) Top is boosted for a pitch bend and lift on straight arm of the Bases before being release to land on the floor. Bases may stay on low knees or move to a higher position.</p>	<p>(i) From 3 man platform Top is thrown for a straight jump dismount.</p> <p>(ii) From 3 man platform or boosted pitch, Top is thrown for straight jump dismount.</p>	<p>(i) From platform or pitch, Top is thrown for a 1/4 front or back salto to land in cradle with a change of Base.</p>
E	<p>3 MAN SKILL</p> <p>(i) Top performs 1/4 straight front salto to catch in cradle. This can be from a run or from standing.</p> <p>(ii) Top performs 1/4 straight back salto to catch in cradle. This can be from a run or from standing.</p> <p>(iii) Top is pitched for a bend and lift on straight arm of the Bases before being release to land on the floor.</p> <p>(iv) Top stands on platform and bends, Base and Middle lift Top on straight arms before releasing and the Top lands on the floor.</p>	<p>3 MAN SKILL</p> <p>(i) From pitch the Top does a bend and lift on straight arm of the Bases before returning to the start position.</p> <p>(ii) From platform the Top does a bend and lift on straight arm of the Bases before returning to the start position.</p> <p>(iii) From cradle on front or back the Top is thrown for a 180° spin to catch in cradle.</p>	<p>3 MAN SKILL</p> <p>(i) From platform or pitch Top is thrown for a straight jump dismount.</p> <p>(ii) From cradle on front or back the Top is thrown for a 360° spin to re-catch in cradle.</p> <p>(iii) From sitting on platform, Top is thrown for a 4/4 tuck back salto dismount.</p>
Flex	<p>(i) Any splits can be performed. The hips should be square to the front and in box splits the knees should be facing the ceiling. Hands can be on or off the floor.</p> <p>(ii) Jump should be from 2 feet and the legs in the jump should be straight and parallel with the floor. Toes pointed and touched with the hands.</p>	<p>(iii) From standing with feet together drop back to bridge. No readjustment of hands or feet should be made to achieve the bridge.</p> <p>(iv) From a piked headstand the hips are opened by kicking allowing a 360° rotation to be completed before landing in back support or to sitting.</p>	<p>(v) Walkovers and Valdez can be performed either by passing through straight handstand (legs together) or through full split handstand.</p> <p>(vi) From handstand the 360° rotation should be finished before landing, which may be to back support or to sitting in the Healy turn.</p>
Stand	<p>(i) In the one foot stand the supporting leg must be straight and hips square. In the bent leg stand the free leg should be bent at 90° at the knee and the knee level with the hip. In the arabesque the free leg should be straight.</p> <p>(ii) From both knees and hands on the floor lift one leg straight off the floor as high as possible keeping the hips parallel with the floor.</p>	<p>(iii) In headstand, the line of the body should be straight with the knees tucked in close to but not touching the body.</p> <p>(iv) The tuck lever should have a straight back with the hips between the arms and knees lifted in front of the body.</p>	<p>(v) In headstand, the line of the body and legs should be together, straight and vertical.</p> <p>(vi) Lever should have a straight back with the legs straight and heels lifted above horizontal. Legs should not touch the arms.</p>
Agility/ Tumble	<p>(i) Forward roll should be made from 2 feet. The roll should pass through Japana without stopping and finish lying on front with arms above head and legs together.</p> <p>(ii) Cartwheel chasse cartwheel should be smooth and continuous without additional steps.</p>	<p>(iii) Handstand must hold for a moment before the roll. The arms may be bent or straight on entering the roll.</p> <p>(iv) The 1 arm cartwheel may use either the first or second hand to lead.</p> <p>(v) Roundoff may come from a run, hurdle step or standing.</p>	<p>(vi) Handstand must hold for a moment following the backward roll.</p> <p>(vii) Dive roll or Hecht dive roll must show good flight and roll smoothly to finish.</p> <p>(viii) The roundoff jump ½ turn cartwheel should be smooth and continuous without additional steps.</p> <p>(ix) Flic may come from an element or standing and can finish on two feet together or walkout.</p>

GRADE 3 – MEN'S GROUPS			
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A			
B			
C			
D			
E			
Flex			
Stand			
Agility/ Tumble			