



SOKOL LEVEL 3 FLOOR EXERCISE

A tumbling strip with a minimum area of 6' x 40' is required.

Base Score	9.5
Virtuosity	0.3
Stick Bonus	.2
Maximum Score	10.0

Stand at point A facing Point B A \longrightarrow B

Note:

All arm positions are optional, unless otherwise indicated.

Description

Performance Criteria

1. Lift arms and kick leg up, step forward to lunge, kick to $\frac{3}{4}$ handstand and return to lunge,
2. Forward roll to stand
3. Jump, hurdle, cartwheel, and $\frac{1}{4}$ turn facing back to A
4. Support squat, backward roll to support lying position, (push up position)
5. Arch back while in support lying position
6. Lift legs to straddle stand, sidearm;
7. Straddle press to Headstand
8. Forward roll to support squat
9. With immediate rise to jump and tuck to stand
11. Run, hurdle, cartwheel to stand, with $\frac{1}{4}$ turn facing back to B.

Virtuosity for kick to a handstand with momentary hold

Finish in straight body front support.

Remember to point toes backward

2 sec. hold of headstand required

No stop or hold should be shown



SOKOL LEVEL 3 Pommel Horse

Note: The routine is written for counter-clockwise circles. The routine may be reversed in its entirety.

Base Score	10.0
(5.0 for Pommel Horse/4.5 for Mushroom)	
Virtuosity	0.3
Stick Bonus	.2
Maximum Score	10.0

1. With close heel stand, face the horse, with both hands on the pommels, jump to front support with legs together
2. Swing left leg high to the left side,
3. Swing right leg to right
4. Swing left leg to the left, right leg to the right,
5. Left leg to the left, right leg to the right,
6. In front support with legs together, travel downhill, to right end of horse,(left hand to right pommel, then right hand on leather),
7. Cut right leg forward, Cut right leg backward
8. Dismount with $\frac{1}{4}$ turn to left from the horse

MUSHROOM:

Description

1 double leg circle, to stand

Performance Criteria

The body should show a stretched position with legs together throughout the exercise.



SOKOL LEVEL 3 STILL RINGS

Base Score	9.5
Virtuosity	0.3
Stick Bonus	.2
Maximum Score	10.0

Description	Performance Criteria
From Hang	
1. One Pull up	Momentary hold
2. Lower to hang	
3. Swing backward,	
4. Swing forward, swing backward	Backward swing to 45° below horizontal
5. Swing forward, to bent hip hang,	
6. Raise legs to inverted hang - hold	Hold
7. Lower to bent hip hang,	Hold
8. Lower to rear hang,	Hold
9. Drop to landing	



SOKOL LEVEL 3 VAULT - STRAIGHT JUMP

Base Score	9.5
Virtuosity	0.3
Stick Bonus	.2
Maximum Score	10.0

Note:
Matting for landing area is a minimum of 50 cm.

Description	Performance Criteria
1. Run	Distance of run is 20 – 40 ft. Run must show increase in speed
2. Hurdle on to board	
3. Straight jump	Straight body throughout Arms must reach vertical at or before the peak height.
4. Landing	Mats stacked minimum 50 cm high (20 inches)



SOKOL LEVEL 3 PARALLEL BARS

Base Score	9.5
Virtuosity	0.3
Stick Bonus	.2
Maximum Score	10.0

Description

1. From stand, jump to support and swing forward to straddle sit,
2. Reach in front and grab bars, raising hips and legs, swing legs forward to straddle seat;
3. Lift legs to "L" position, hold
4. Lower legs to straddle seat and with bounce on bars, lift legs and swing backward, forward, backward, forward, backward to dismount over rail.

Performance Criteria

Lifting of hips off bars recommended

2 second hold required

All swings to just below horizontal

Shifting of the opposite hand to the dismount rail during the dismount is allowed



SOKOL LEVEL 3 HORIZONTAL BAR

Base Score	9.5
Virtuosity	0.3
Stick Bonus	.2
Maximum Score	10.0

Description

From hang;

1. From hang, do one pull over to front support;
2. Cast to undershoot
3. Swing backward, swing forward,
4. Swing backward, Hop,
5. Swing forward, swing backward
6. Swing forward, swing backward to dismount

Performance Criteria

Coach may assist – no penalty

Release with both hands at top of back swing

Lift Shoulders and release hands