



# **American Sokol 2013 Sports Festival Male Routines Sokol Level 3**



## SOKOL LEVEL 3 FLOOR EXERCISE

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

<b>Base Score</b>	<b>10.0</b>
<b>Virtuosity</b>	<b>0.5</b>
<b>Stick Bonus</b>	<b>0.2</b>
<b>Maximum Score</b>	<b>10.7</b>

Stand at point A facing Point B A  $\longrightarrow$  B

### Note:

All arm positions are optional, unless otherwise indicated.

### Description

1. Lift either leg backward into an Arabesque stand, Hold,
2. Close legs, feet together, step, Lunge, kick to  $\frac{3}{4}$  handstand and return to lunge,
3. Forward roll to stand
4. Jump, hurdle, cartwheel, and  $\frac{1}{4}$  turn facing back to A
5. Support squat, backward roll to support lying position, (push up position)
6. Arch back while in support lying position
7. Lift legs with straight arms to straddle stand,
8. Headstand
9. Forward roll to support squat
10. With immediate rise to tuck jump to stand
11. Run, hurdle, cartwheel to stand, with  $\frac{1}{4}$  turn facing back to B.

### Performance Criteria

- Emphasize good posture
- Virtuosity if to a handstand with momentary hold
- Finish in straight body front support.
- 2 sec. hold of headstand required
- No stop or hold should be shown



# SOKOL LEVEL 3 POMMEL HORSE

<b>Base Score</b>	<b>10.0</b>
<b>(5.0 for Pommel Horse/5.0 for Mushroom )</b>	
<b>Virtuosity</b>	<b>0.5</b>
<b>Stick Bonus</b>	<b>0.2</b>
<b>Maximum Score</b>	<b>10.7</b>

**Note:**

This event will be performed and evaluated on two separate apparatus. The apparatus may be performed in either order:

This routine may be done in reverse order.

**Description**

**Performance Criteria**

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 ¼ turn to left from the horse

Each full front support swing has a swing to the left and a swing to the right. There should be a total of two complete swings to the right and two swings to the left before the travel downhill.

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## SOKOL LEVEL 3 MUSHROOM:

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

**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

<b>Base Score</b>	<b>10.0</b>
<b>Virtuosity</b>	<b>0.5</b>
<b><u>Stick Bonus</u></b>	<b><u>0.2</u></b>
<b>Maximum Score</b>	<b>10.7</b>

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



## SOKOL LEVEL 3 VAULT - STRAIGHT JUMP

Base Score	10.0
Virtuosity	0.5
Stick Bonus	<u>0.2</u>
Maximum Score	10.7

**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 50 cm high



## SOKOL LEVEL 3 PARALLEL BARS

<b>Base Score</b>	<b>10.0</b>
<b>Virtuosity</b>	<b>0.5</b>
<b>Stick Bonus</b>	<b>0.2</b>
<b>Maximum Score</b>	<b>10.7</b>

### Description

1. From stand, jump to support and swing forward to straddle sit,
2. Reach in front and grab bars, and straddle travel 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	10.0
Virtuosity	0.5
Stick Bonus	0.2
<b>Maximum Score</b>	<b>10.7</b>

**Note: Unless otherwise specified, all forward swings are to be a minimum of 45° below horizontal with toes leading at peak of swing. Backward swings are also to be a minimum of 45° below horizontal with hollowed body shape at peak of swing.**

Description	Performance Criteria
From hang;	
1. From hang, do one pull over to front support;	Coach may assist – no penalty
2. Cast to undershoot	
3. Swing backward, swing forward,	
4. Swing backward, Hop,	Release with both hands at top of back swing
5. Swing forward, swing backward	
6. Swing forward, swing backward to dismount	Lift Shoulders and release hands