



# Level 3

<b>Jumps</b>		<b>10</b>
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- Jumps score higher when athletes keep their chests up and bring their legs to their arm motion.
- Flexed feet. Focus on pointing toes.
- Keep legs straight in jumps.
- Lack of flexibility
- Height in jumps. too high or too low show weak jumps rather than highlight the strong jumpers.

<b>Standing Tumbling</b>		<b>5</b>
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- Highlight what your team can do, not what they cannot do.
- Focus on squeezing legs in handsprings / tuck.
- Timing in tumbling skills.
- Synchronized tumbling; the more you do, the more difficulty will be rewarded.
- Non-tumblers standing at the back of the mat.
- Incorporate skills like stunts at the back of the mat or motions/dance.

<b>Running Tumbling</b>		<b>5</b>
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- Highlight what your team can do, not what they cannot do.
- Focus on squeezing legs in handsprings.
- Timing in tumbling skills.
- Synchronized tumbling; the more you do, the more difficulty will be rewarded.
- Non-tumblers standing at the back of the mat.
- Incorporate skills like stunts at the back of the mat or motions/dance.

<b>Dance / Motions</b>		<b>5</b>
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- Lock out arm motions.
- Snap your motions into place.
- Make sure arms are not "loose" or "soft".
- Work on making motion placement uniform.
- Motions in the same place on the same count.
- Add formations
- Add level changes

<b>Technique</b>		<b>5</b>
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<b>TOTAL</b>		<b>30</b>
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