

# Key Step 3 Rules



- 3 piece competition - all scored out of 10.00
- 1.00 deduction for each missing move
- 0.5 deduction for prompt from coach
- 1.5 deduction for prompting throughout the routine.

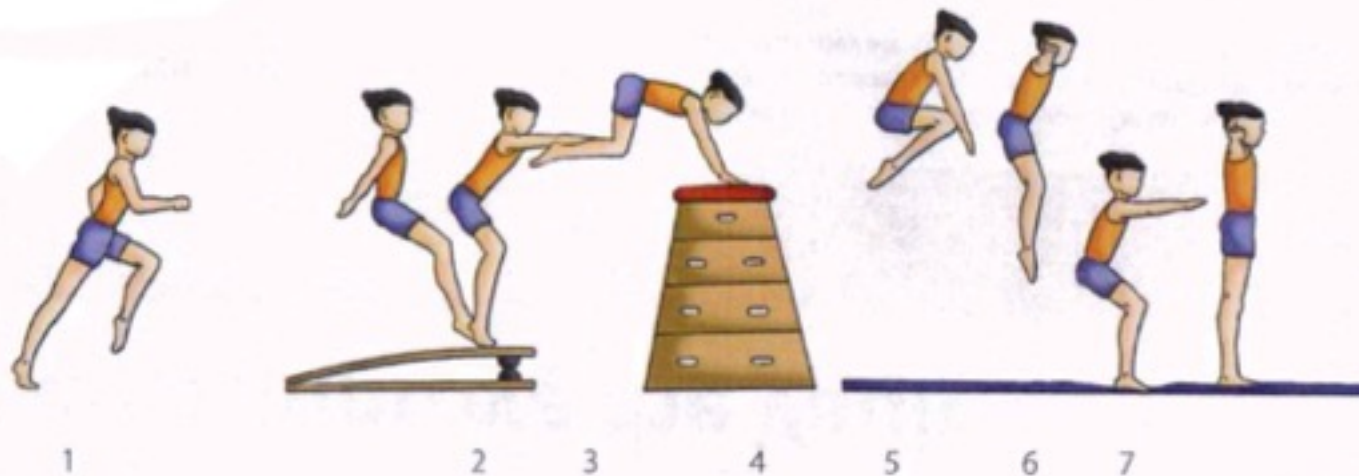
British  
Gymnastics  
More than a sport

## Key Step Gymnastics 3

### Step 3 - Vault

Performer allowed 2 attempts - Best score to count.  
Through vault.

1. Approach
2. Take off
3. Flight onto apparatus
- 4,5. Rebound and flight off
- 6,7. Landing



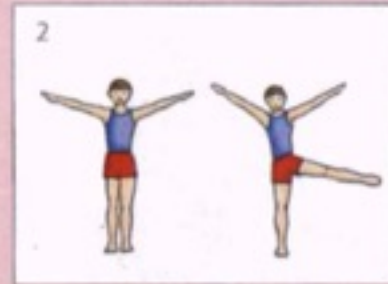
STEP THREE

# Step 3 - Floor Exercise

Girls - May have music and dance or a sequence of skills.

Boys - a sequence of skills  
Performed on a sprung floor

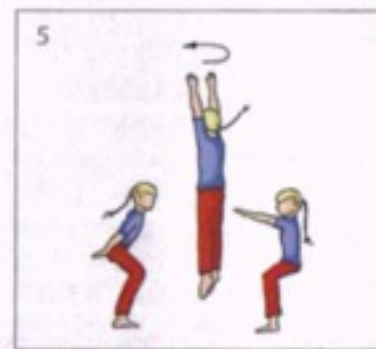
PERFORM 6 SKILLS ONLY IN ANY ORDER



1. Round off  
2. Side scale towards Y balance  
3. Backward roll straddle  
(include each of these elements in any order in your sequence)



OR



4,5. Full or 1/2 turn jump (choose one between these 2 elements)



OR



6. Two cartwheels consecutively or  
7. Handstand forward roll



OR



OR



8,9,10. Bridge or splits or 1/2 lever  
(choose one between these 3 elements)

STEP THREE

# Step 3 - Body Management



1  
Single bounce skips  
with ropes x 10



2  
Dish



3  
Roll to arch and back  
to dish



4  
Towards half lever



5  
Japania



6  
Press up



7  
Left splits

7  
Box splits

7  
Right splits



8  
Bridge



9  
Broad jump

