



# DP Level 3

2021 - 2029 DP Code of Points

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## **BARs**

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**Glide + Pullover OR  
Glide / Straddle Kip**

**Cast**

**Double back hip circle  
(two BHC in a row)**

**Front hip circle**

**Small cast**

**Return to front support**

**Cast Squat on +  
Stretch jump dismount**

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## BEAM

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**Fish mount to front support**



**Handstand**



**1/2 heel snap turn**

**Stretch jump + Stretch jump**

**Arabesque (45°) 1 second**

**Leap (90°)**

**Pivot Turn, Pivot Turn**



**Cartwheel to Handstand**



**1/4 turn dismount**



**Skill can be reversed without reversing entire routine**

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## FLOOR

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- \* Handstand (1 second) forward roll  
1/2 pivot turn  
Leap (90°)  
Stretch Jump + Split Jump (90°)
- \* Handstand to Bridge +  
Back Kickover (120°)  
Split
- \* 1/2 passé turn  
Backward roll to 45° to pushup
- \* Roundoff +  
Back Handspring
- \* Skill can be reversed without  
reversing entire routine

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## VAULT

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### 10.0 Start Value

## Front Handspring over mat stack

(32" high or more)



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