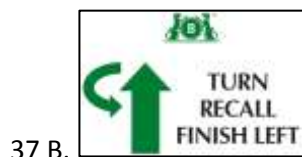


## Level 3 Mini Signs 2020



Bonus Ex 6



Bonus Ex 7 B



Bonus Ex 8 A



Bonus Ex 8 B



### Level 3

- (1) There should be a minimum of twelve and a maximum of fifteen exercises, with no more than eight static positions.
- (2) There should be a ratio of one-third Level 3 exercises to two-thirds Level 1 and 2 exercises.
- (3) A maximum of two exercises may be linked at this level.
- (4) There should be a maximum of one Distraction Exercise, including the Bonus Exercise.
- (5) Can join 2 cone exercises using junction (ie across centre or at end at right angles)- advise use 1 different coloured cone if joining spiral to serpentine or fig 8.
- (5) Bonus can come from Bonus exercises 1-8
- (6) Signs min 2m apart, cones or distraction bowls 1.5M apart ( except disability requirements) 2 part exercises 2-3 M apart. Exercises must not traverse other exercises
- (7) Multi sign exercises now scored as one exercise. Use exercise number on each sign with A /B/c