

Level 3 Group

Athletes must complete each row. -1.0 special requirement deduction for each missing row.

1A



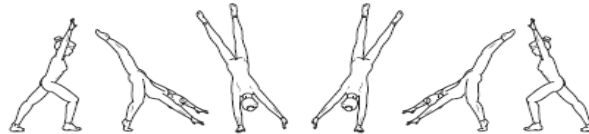
Toe Pitch: Bases sit on knees and create toe pitch position. Top steps into hands of bases. Top bends and jumps, straightening legs. Bases sit up and pitch Top to perform straight jump. Top lands with support from bases.

2A



Column Pyramid: Base sitting on knees on floor. Middle stands on Base's thighs facing the same direction, with support of Base. Top climbs up onto Base's shoulders. Once on shoulders, Top may hold hands of Middle or place hands on Middle's shoulders. Hold 3".

3A



Cartwheel: All partners perform 1 cartwheel.

4A



Jump to Catch: Bases face each other. Top runs and jumps (or jumps from standing) to forearm catch on stomach.

5A



Bridge: All partners lie down in pencil. Push up to Bridge. Feet should be together with legs straight. Athletes must show control.

6A



Handstand Pyramid: Base sitting on knees on floor. Middle stands facing Base. Top stands to the side of Base and cartwheels or jumps to handstand on thighs of Base. Base supports Top's waist or legs. Middle supports anywhere on legs of Top. Hold for 3".

7A



Basket: Top climbs up and stands on basket. Top raises arms up (shows control). Top brings arms down and climbs down or jumps down from basket while holding bases.

