

Level 3 Pair

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

1A



Toe Pitch on Knees: Base sits on knees and creates toe pitch position. Top places hands on Base's shoulders and places 1 foot in Base's hands. Base pitches Top to perform straight jump. Base supports landing.

2A



Supported Handstand on Floor: Base sits on both knees. Top stands in front of Base, facing either direction, and places hands on floor. Base supports Top in standing press to handstand position. Base supports Top's waist or legs. Hold 3".

3A



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

4A



T-Lift: Partners face each other. Top forms T position with arms straight and out to the side. Base places hands under shoulders/arms (armpits). Both bend and Base lifts Top up and down (no release). Top and Base show landing position.

5A



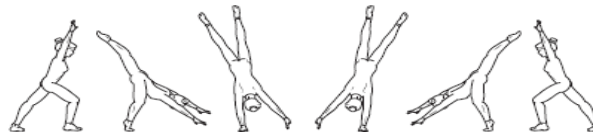
Hand Support: Base lies on back with knees up and feet on floor. Top and Base grip hands facing the same direction. Top places both feet on knees of Base to form supported pike position. Hold 3"

6A



Stand on Shoulders: Base sits on knees. Top stands behind or to the side of Base. Base assists Top with both hands to climb onto shoulders of Base facing same direction (show control.) Top steps or jumps down to floor in front of Base while holding hands (No release).

7A



Cartwheel: Both partners perform 1 cartwheel.