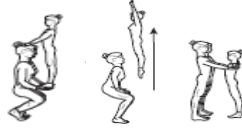


Level 4 Group

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

1A



Toe Pitch: Top steps up into toe pitch position. Top bends and jumps into a pencil position and lands on floor. Bases support landing. (Bases are not required to lift or pitch)

2A



Column: Base in Chair position. Top or Middle stands on Base's thighs facing the same direction, with support of Base. Remaining partner holds hands of partner standing on thighs and performs a scale. 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. Bases throw top and catch on stomach (No link required.)

5A



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

6A



Scale: All partners perform attitude scale. Hold 2"

7A



Candlestick Pyramid: Base lies down with knees bent and feet on floor. Top straddles Base's torso, places hands on Base's knees, and leans shoulders into Base's hands. Top jumps or presses into shoulderstand position. Top may start on floor or place feet on Base's knees. Middle may assist Top in motion to shoulderstand. Middle supports Top's legs in shoulderstand. Hold 3"

8A



Basket: Top climbs up and stands on basket. Bases bend their knees and return to standing, Top does not bend. (Top may place hands on Bases' heads for support during skill)

9A



Double Lunge Pyramid: Bases on one knee beside each other. Top performs a straddle with hands on Bases' thighs. Bases support Top's legs in straddle position. Hold 3"