




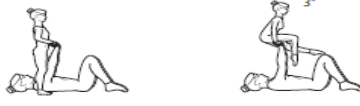


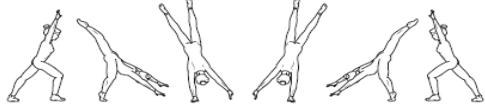


Level 4 Pair

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

<p>1A</p>  <p>Scale: Both partners perform attitude scale. Hold 2"</p>
<p>2A</p>  <p>Toe Pitch: Base creates toe pitch position. Top places hands on Base's shoulders and places 1 foot in hands of Base. Top jumps into a pencil position. Base then stands up to support landing. (Base is not required to lift or pitch)</p>
<p>3A</p>  <p>Assisted Press to Handstand on Floor: Base sits on floor or on both knees. Top places hands on the floor in front of Base and holds a straddle position facing either direction. Base assists top in straddle and in press to handstand position. Base supports Top's waist or legs. Hold 3"</p>
<p>4A</p>  <p>Bridge: All partners lie down in pencil. Push up to Bridge. Feet should be together with legs straight. Athletes must show control.</p>
<p>5A</p>  <p>T-Boost: Partners face each other. Base supports under Top's shoulders/arms (armpits). Both bend and Base boosts while Top jumps. Base releases arms, then catches arms to support landing position on floor.</p>
<p>6A</p>  <p>Hand Support: Base lies on back with knees up and feet on floor. Top and Base grip hands facing the same direction. Top places one or both feet on knees of Base. Top lifts one leg off of knee support. Hold 3"</p>
<p>7A</p>  <p>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 the same direction. Base in kneeling position on one or both knees (not sitting on heels) show control. Top steps or jumps off shoulders to landing position on floor.</p>
<p>8A</p>  <p>Straddle on Thighs: Base sits on knees. Top performs straddle position with hands on Base's thighs. Base supports Top's legs. Hold 3"</p>
<p>9A</p>  <p>Cartwheel: Both partners perform 1 cartwheel.</p>