


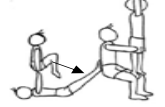







Level 5 Men's Group

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

<p>1A</p>  <p>Base 1 on back, bending knees, feet on floor, arms straight up. Base 2 in chair position behind base 1. With support from base 2, middle stands on base 2's thighs, facing base 1. Top puts hands on base 1's knees, shoulders in Base 1's hands, and jumps or presses to shoulderstand position. Middle supports top's feet or legs. Hold 3"</p>
<p>2A</p>  <p>All partners perform a rear scale. Hold 2"</p>
<p>3A</p>  <p>Base 1, Base 2, and Top form a toe pitch position. Top jumps, straightening legs, and bases lift to perform toe-pitch jump. Middle supports Top during pitch. Bases support Top's landing. Middle steps back or to the side.</p>
<p>4A</p>  <p>Base 1 lays on back with legs straight to support Base 2 at back/buttocks. Base 2 in chair position. Top does tuck hold on Base 1's straight arms with 1 leg on Base's thigh for support. Base 2 supports Middle to stand on thighs. Hold 3".</p>
<p>5A</p>  <p>Base 1 and Base 2 form a basket. Top climbs up to stand on basket. Middle supports with hands under basket. Group performs 1/4 back layout to forearm catch on back. (Middle may support catch.)</p>
<p>6A</p>  <p>All partners lie down in pencil. Push up to Bridge. Feet should be together with legs straight. Athletes must show control.</p>
<p>7A</p>  <p>Base 1 and Base 2 sit on knees. Middle steps up to shoulders of Bases 1 & 2, Top may assist. Top assisted by Base 1 and Base 2 to stand on Base 1 and Base 2's thighs. Middle holds hands or shoulders of top. Hold 3"</p>
<p>8A</p>  <p>All partners perform a round off.</p>
<p>9A</p>  <p>Base 1 and Base 2 face each other and create a basket. Top sits on basket. Middle supports with hands under basket. Base 1, Base 2, and Middle bend, then throw top from sitting on basket dismount to floor. Bases support landing.</p>