













Level 5 Men's Pair

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

<p>1A</p>  <p>2"</p>
<p>All partners perform a rear scale. Hold 2"</p>
<p>2A</p> 
<p>Top climbs up to Base's shoulders. Top dismounts in front of base. (Top holds Base's hands through skill.)</p>
<p>3A</p>  <p>3"</p>
<p>Base lays down with hips up. Top performs tuck, pike, or straddle on bases knees. Hold 3"</p>
<p>4A</p> 
<p>Top leans over Base's head to front support with hands on Base's knees and legs supported by Base. Hold 3".</p>
<p>5A</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>6A</p> 
<p>Top on back with knees bent and head between base's feet. Base grips Top's hands, Top rolls into ball, then Base lifts and Top rolls out through arch position to standing. (No release.)</p>
<p>7A</p>  <p>3"</p>
<p>Top stands straddling base's torso, leans shoulders into Base's hands, and puts hands on base's knees. Top may jump or press to shoulderstand position from floor or base's knees. Hold 3"</p>
<p>8A</p> 
<p>All partners perform a round off.</p>
<p>9A</p> 
<p>Partners stand and face each other. Base holds Top's waist or legs. Base boosts, and Top jumps to perform a boost straight jump. Base supports landing.</p>
<p>10A</p>  <p>3"</p> <p>OR</p>  <p>3"</p>
<p>Base on back with their elbows by their sides in a low bent arm position with legs straight up. Top holds Base's feet and steps into base's hands. Hold 3" OR Base on back with their elbows by their sides in a low bent arm position. Top steps into Base's hands. Hold 3"</p>
<p>11A</p> 
<p>Base forms a toe pitch position. Top puts hands on Base's shoulders and one foot in Base's hands. Top jumps and straightens legs while base pitches to perform a toe pitch straight jump. Base supports landing.</p>