






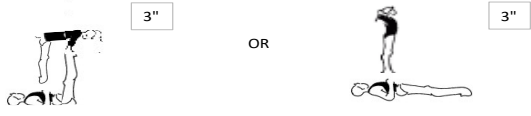





Level 5 Mixed Pair

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

<p>1A</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>Base holds top under arms. Top jumps, and base lifts top to fish/wrap position.</p>
<p>4A</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>5A</p>  <p>Base kneels on both knees and sits back on heels, facing front. Top stands on one side of base and cartwheels or tucks up to supported handstand on base's knees, facing base. Hold 3"</p>
<p>6A</p>  <p>From handstand, Top presses down to straddle. Base supports top during both motion and hold. Hold 3". "</p>
<p>7A</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>8A</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>9A</p>  <p>All partners perform a round off.</p>
<p>10A</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>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>