












Level 5 Women's 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>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>
<p>3A</p>  <p>Top stands to the side of base. Base sits on both knees. Top cartwheels or jumps to handstand on Base's thighs. Base supports Top in handstand. Hold 3"</p>
<p>4A</p>  <p>From handstand, Top presses down to straddle. Base supports top during motion and hold. 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>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>7A</p>  <p>Top stands straddling Base's torso, leans shoulders into Base's hands, and puts hands on Base's legs. Top may jump or press to shoulderstand position from floor or Base's knees. Hold 3"</p>
<p>8A</p>  <p>Top climbs up to Base's shoulders. Top dismounts in front of base. (Top holds Base's hands through skill.)</p>
<p>9A</p>  <p>All partners perform a round off.</p>
<p>10A</p>  <p>Base holds Top under arms. Top jumps, and Base lifts top to fish/wrap position.</p>
<p>11A</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>