

### Level 6 Women's Group

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

1A

## Tumbling Individual Element

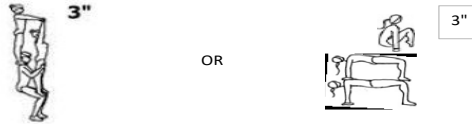
All partners perform 1 Tumbling element chosen from the Tumbling Individual elements (or FIG ToD). Each partner may choose to perform the same or different elements.

2A



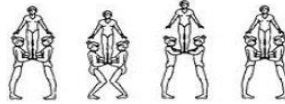
Top steps up into toe pitch position. Top bends and jumps as Bases pitch to perform toe pitch straight jump. Bases support landing.

3A



Partners form half-column, with Top standing on Base's shoulders holding Middle's hands, arms, or shoulders. Hold 3". OR Base in table position. Middle in table position on Base. Top in tuck, pike, or straddle on Middle's knees/thighs. Hold 3"

4A



Top stands on basket. Bases lift basket to chest height (no release). Basket must be raised to chest height of at least one Base with Base's legs straight to receive credit. No linking with next skill is permitted.

5A



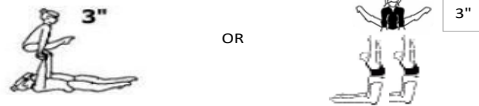
Top stands on basket. Group performs 1/4 back layout to forearm catch.

6A

## Flexibility Individual Element

All partners perform 1 Flexibility element chosen from the Flexibility Individual Elements (or FIG ToD). Each partner may choose to perform the same or different elements.

7A



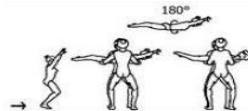
Bases on backs side by side with arms up OR Bases on knee(s) side by side with arms up. Bases use one hand to support the other to create a double support position. Top performs double support tuck, pike, or straddle on straight arms of bases. Hold 3".

8A

## Static Individual Element

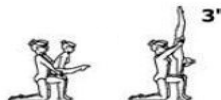
All partners perform 1 Static element chosen from the Static Individual Elements (or FIG ToD). Each partner may choose to perform the same or different elements.

9A



Bases face each other. Top jumps to forearm catch on stomach. Top may jump from standing or run. Top should jump from two feet. - LINK - (in immediate succession) Bases throw top in 180 or 360 twist (Log Roll) and catch Top on stomach or back.

10A



Bases on one knee side by side. Bases support Top in straddle on their knees/thighs. Top presses to handstand with assistance of one or both bases. Top finishes in handstand on Bases' knees/thighs with support from Bases. Hold 3"