

Level 2 Group

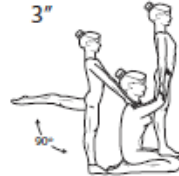
Athletes must complete each row. -1.0 special requirement deduction for each missing row.

1A



T-Lift: Top forms T position with arms straight and out to the side. Bases place hands under arm/shoulder (armpit) gripping Top. All bend and Bases lift Top up and down. Top and Bases show landing position.

2A



Column Pyramid: Base sitting on knees on floor. Middle stands on Base's thighs facing the same direction, with support of Base. Top stands behind Base, places hands on Base's shoulders and performs rear scale. Hold 3".

3A



Forward Roll: All partners perform forward roll and end standing.

4A



Basket: Top sits on basket. Bases squat, then return to stand. Top may have hands on shoulders of Bases. Bases return Top to floor.

5A



Bridge: All partners lie down in pencil. Push up to Bridge. Feet should be together with legs straight. Athletes must show control.

6A



Plank Pyramid: Bases lie down side by side, knees bent with feet on floor. Top stands over Bases to place hands on each Base's knee(s). Bases lift Top to plank position. Support may be anywhere on Top's legs. Hold for 3".