

Level 2 Pair

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

1A



Toe Pitch on Knees: Base sits on knees and creates toe pitch position. Top places hands on Base's shoulders and places 1 foot in Base's hands. Top jumps to perform straight jump. Base supports landing.

2A



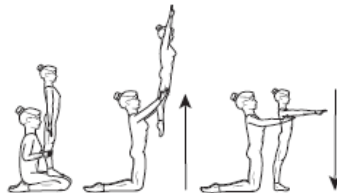
Mountain on Table: Base in table position. Top faces base and places hands on shoulders of base. Top steps up to place feet onto thighs of base to form a straight legged mountain position. Hold 3"

3A



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

4A



Straight Jump Off Thighs: Base sits on knees. Base supports Top to stand on base's thighs facing same direction. Top performs straight jump off to landing position on floor. Base sits up during jump to assist and support Top's landing.

5A



Straddle on Thighs: Base sits on knees. Top performs a straddle position on Base's thighs. Base supports Top's legs. Hold 3"

6A



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