







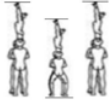



Level 5 Women's Group

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

<p>1A</p>  <p>Top steps up into toe pitch position. Top bends and jumps as Bases pitch to perform toe pitch straight jump. Bases support landing.</p>
<p>2A</p>  <p>Base in chair position. Top stands on Base's thighs facing same direction, with support of Base. Middle performs a handstand on the floor in front of partners. Top supports Middle's legs or feet. Hold 3".</p>
<p>3A</p>  <p>All partners perform a round off.</p>
<p>4A</p>  <p>Bases face each other. Top jumps to forearm catch on stomach. Top may jump from standing or run. Top should jump from two feet.</p>
<p>5A</p>  <p>Top in forearm catch on stomach. Bases throw top in 180 or 360 twist (Log Roll) and catch Top on stomach or back.</p>
<p>6A</p>  <p>All partners perform a rear scale. Hold 2"</p>
<p>7A</p>  <p>Top stands straddling base's torso, leans shoulders into Base's hands, and puts hands on Base's legs/knees. Top may jump or press to shoulderstand position from floor or base's knees. Middle may support Top in entry to shoulderstand. Middle supports Top in shoulderstand with one hand on Top's foot or leg. Hold 3".</p>
<p>8A</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>9A</p>  <p>Bases face each other and create a basket position. Top climbs up to stand on basket. Bases bend their knees, then return to stand.</p>
<p>10A</p>  <p>Bases on one knee side by side. Top performs a straddle or pike on Bases' thighs. Bases support Top in straddle hold. Hold 3".</p>