

Level 6 Mixed Pair

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

<p>1A</p> <div style="text-align: center; border: 1px solid black; padding: 5px; margin: 10px auto; width: 80%;"> <h2 style="margin: 0;">Tumbling Individual Element</h2> </div> <p>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.</p>
<p>2A</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> </div> <div style="text-align: center;"> <p>OR</p> </div> </div> <p>Base on back with legs straight up. Top holds base's feet and steps into base's hands. Top stands on straight arms of Base while holding Base's feet. Hold 3" OR Top stands on straight arms of base without support. Hold 3"</p>
<p>3A</p> <div style="text-align: center;"> </div> <p>Base in lunge position. Top performs handstand on Base's thigh/knee. Base supports handstand. Hold 3"</p>
<p>4A</p> <div style="text-align: center;"> </div> <p>Top standing on Base's shoulders. Base supporting Top's legs. Top takes Base's hands and steps or jumps to the floor in front of Base (no release.)</p>
<p>5A</p> <div style="text-align: center; border: 1px solid black; padding: 5px; margin: 10px auto; width: 80%;"> <h2 style="margin: 0;">Flexibility Individual Element</h2> </div> <p>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.</p>
<p>6A</p> <div style="text-align: center;"> </div> <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>7A</p> <div style="text-align: center;"> </div> <p>Base sits on knees. Top performs straddle on Base's thighs/knees. Base supports straddle, and supports top in press to handstand. Base supports handstand. Hold 3"</p>
<p>8A</p> <div style="text-align: center; border: 1px solid black; padding: 5px; margin: 10px auto; width: 80%;"> <h2 style="margin: 0;">Static Individual Element</h2> </div> <p>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.</p>
<p>9A</p> <div style="text-align: center;"> </div> <p>Partners face each other. Base holds top at waist or legs. Base boosts, and Top jumps to perform a boost straight jump. Base supports landing - LINK (immediate succession) - Base lifts top to fish/wrap position.</p>
<p>10A</p> <div style="text-align: center;"> </div> <p>Base on back with arms straight up. Top performs tuck, pike, or straddle on Base's hands. Hold 3"</p>
<p>11A</p> <div style="text-align: center;"> </div> <p>Base sits on knees. Top climbs up to low foot-to-hand on Base (show control.) Base must support Top's feet. Support should be under Top's feet. Top's feet may rest on Base's shoulders.</p>