



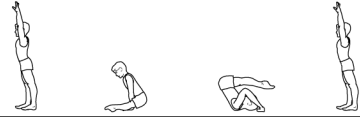

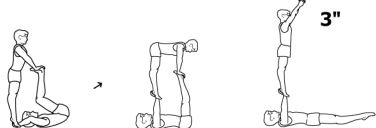

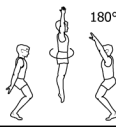

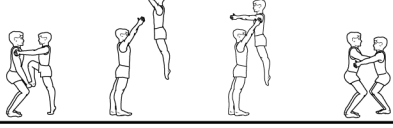




Level 5 Men's Pair

| | | |
|---|--|---|
| <p>ID = I1</p> <p>Diff = .4</p> | <p style="text-align: center;">2"</p>  | <p>Side scale with leg to horizontal. Hold 2".</p> |
| <p>ID = B1</p> <p>Diff = 1.0</p> |  <p style="text-align: right;">3"</p> | <p>Base lies down with legs bent. Top takes base's hands, steps through base's arms to tuck stand on base's knees or thighs. Top extends to stand with support from base. Hold position 3".</p> |
| <p>ID = D1</p> <p>Diff = 1.0</p> |  | <p>Top climbs to shoulders of base, facing the same way. Base supports inside of top's knees as top stands. Top takes hands of base and jumps to ground, landing in front of base.</p> |
| <p>ID = I2</p> <p>Diff = .4</p> | <p style="text-align: center;">2"</p>  | <p>Sit and press up to bridge. Hold bridge 2". Return to lying position.</p> |
| <p>ID = I3</p> <p>Diff = .4</p> |  | <p>Starting in a straddle stand, back straddle roll to finish in straddle stand.</p> |
| <p>ID = D2</p> <p>Diff = 1.0</p> |  | <p>Top performs tuck forward roll while base does straddle jump over top.</p> |
| <p>ID = B2</p> <p>Diff = 1.0</p> |  <p style="text-align: right;">3"</p> | <p>With base lying on back, top step into base's hands as top takes hold of base's feet. Base straightens arms as top jumps upward. Top release's base's feet, base lowers legs and holds top in foot to hand for 3".</p> |
| <p>ID = B3</p> <p>Diff = 1.0</p> |  <p style="text-align: center;">3"</p> <p style="text-align: center;">legs in position of choice</p> | <p>Top does handstand on knee supported by both hands of base. Top's leg are in the position of choice (e.g. staggered, straddled, straight). The base is in lunge position for the hold. Hold 3".</p> |
| <p>ID = I4</p> <p>Diff = .4</p> |  <p style="text-align: center;">180°</p> | <p>Jump 180° turn.</p> |
| <p>ID = D3</p> <p>Diff = 1.0</p> |  | <p>Base kneels on one knee and puts hands in toe pitch position. Top does toe pitch straddle jump. Base stands and supports landing. Minimal flight required.</p> |
| <p>ID = D4</p> <p>Diff = 1.0</p> |  | <p>Base creates toe pitch position. Top jumps up, straightening both legs while base lifts with hands for a toe pitch straight jump. Base supports landing. Minimal flight required.</p> |
| <p>ID = B4</p> <p>Diff = 1.0</p> |  <p style="text-align: right;">3"</p> <p style="text-align: right;">straddle or pike support</p> | <p>With base lying on the floor, top takes hands of base and performs a straddle or pike position on straight arms of base. Hold position 3".</p> |
| <p>ID = I5</p> <p>Diff = .4</p> |  | <p>Hurdle, roundoff rebound. Rebound must take off from and land on two feet.</p> |