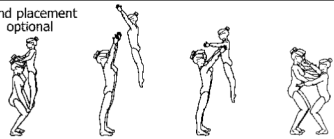
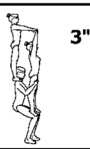
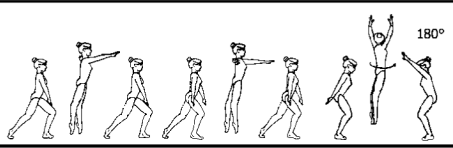
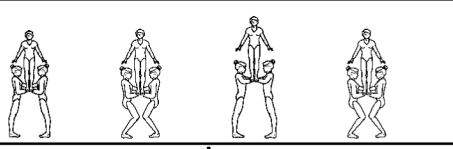
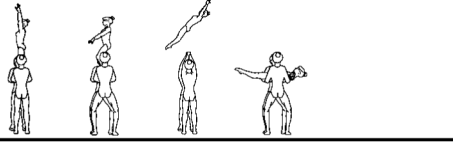
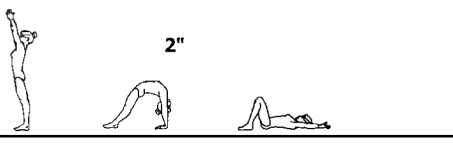
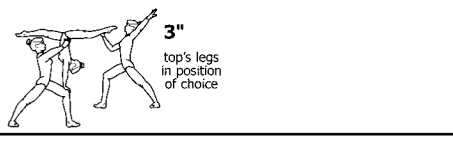
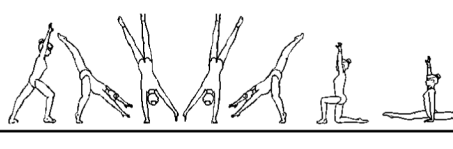
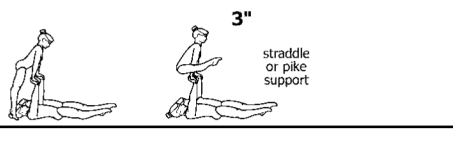

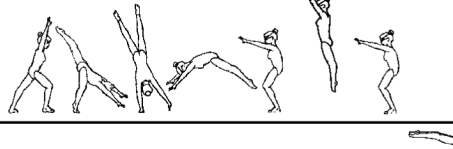
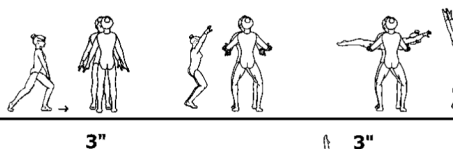



# Level 5 Women's Group

<p><b>ID = D1</b></p> <p>Diff = 1.0</p>	<p>hand placement optional</p> 	<p>Bases and top form double toe pitch position. Top jumps up, straightening both legs while bases lift with hands for a toe pitch straight jump. Bases support landing. Minimal flight required.</p>
<p><b>ID = B1</b></p> <p>Diff = 1.0</p>	 <p>3"</p>	<p>Partners form 1/2 column with top standing on base's shoulders holding middle's hands, <b>arms or shoulders</b>. Hold position 3". Middle steps down. Either base takes top's hands and assists her to dismount.</p>
<p><b>ID = I1</b></p> <p>Diff = .4</p>	 <p>180°</p>	<p>Chassé left with right arm in front, chassé right with left arm in front, plié, jump 180°.</p>
<p><b>ID = D2</b></p> <p>Diff = 1.0</p>		<p>Bases form platform position and top climbs to stand on platform. Bases lift top to chest height in tempo timer with no flight. Top must be raised to chest height of bases with base's legs straight to receive credit. Must show control, no linking with next skill.</p>
<p><b>ID = D3</b></p> <p>Diff = 1.0</p>		<p>Skill may be continued from previous skill (no linking) or may begin from the ground. Bases form platform position and top climbs to stand on platform. Base and middle toss top to a 1/4 back layout salto to forearm catch on back. Minimal flight required.</p>
<p><b>ID = I2</b></p> <p>Diff = .4</p>	 <p>2"</p>	<p>Backbend from stand, hold 2". (Base may assist top as she bends to backbend.) Return to lying position.</p>
<p><b>ID = B2</b></p> <p>Diff = 1.0</p>	 <p>3" top's legs in position of choice</p>	<p>Top does handstand on base's knee supported by both hands of base. Base is in lunge position for the hold. Middle is also in lunge facing base and supports top, holding her foot or leg with one hand. Hold position 3". Top's leg position is optional.</p>
<p><b>ID = I3</b></p> <p>Diff = .4</p>		<p>Cartwheel to one knee and then slide to straight splits.</p>
<p><b>ID = B3</b></p> <p>Diff = 1.0</p>	 <p>3" straddle or pike support</p>	<p>Bases lie on their backs shoulder to shoulder. Top performs double supported straddle or pike position on their straight arms. Hold position 3".</p>
<p><b>ID = I4</b></p> <p>Diff = .4</p>	 <p>2"</p>	<p>Headstand with legs together, hold 2".</p>
<p><b>ID = I5</b></p> <p>Diff = .4</p>		<p>Hurdle, roundoff rebound. Rebound must take off from and land on two feet.</p>
<p><b>ID = D4</b></p> <p>Diff = 1.0</p>	 <p>180°</p>	<p>Top runs toward bases and jumps with 2 feet to stomach catch. Bases then toss the top in 180° twist to catch on her back. Minimal flight required.</p>
<p><b>ID = B4</b></p> <p>Diff = 1.0</p>	 <p>3" top's legs in position of choice</p>	<p>Bases kneel on one knee side by side. Bases support top who does straddle support on their thighs. Hold position 3". Top then presses to handstand with assistance of one or both bases during the press and/or the handstand. Hold handstand 3". Top's leg position is optional.</p>