

Level 6 Women's Pair

1A Diff = 1.0		Top in arch handstand on thigh of base in lunge (3''). Base may support top at hips, waist, lower back and/or buttocks. No credit if support on top's legs.	1B Diff = 1.0		Top in handstand on thigh of base in lunge (1''). Top goes to 1 arm handstand (3'').
2A Diff = 1.0		Partners face each other. Top's hands on base's shoulders. Base supports top's staggered leg with 1 hand, other hand free (3'').	2B Diff = 1.0		Calf mount to stand on base's shoulders (3'').
3A Diff = 1.0		Base kneels on one knee. Top in straddle support on base's knee (1''). Top presses to handstand as base assists (3''). For credit, straddle hold and beginning of press must be performed from support position, not sit.	3B Diff = 1.0		Base in lunge, top in straddle support on base's knee (1''), top presses to handstand as base assists (3''). For credit, straddle hold and beginning of press must be performed from support position, not sit.
4A Diff = 1.0		Top in tuck support on shoulders of base (1''). Base goes to knee (3'').	4B Diff = 1.0		Top in tuck support on shoulders of base (1''). Base slides to splits (3'').
5A Diff = 1.0		From reverse foot to hand, top does straight body dismount. Base supports landing.	5B Diff = 1.0		From regular foot to hand, top does straight body dismount. Base supports landing.
6A Diff = 1.0		Top runs to boosted front 1/4 back layout to wrap.	6B Diff = 1.0		Top runs, kicks to handstand and is boosted by base to front 1/4 layout to forearm catch on back.
7A Diff = 1.0		Top runs and jumps to catch on stomach by base who tosses top 180° to catch on back.	7B Diff = 1.0		Top does roundoff or roundoff flic, base boosts top straight up.
8A Diff = 1.0		Toe pitch straight jump to supported landing on floor.	8B Diff = 1.0		Toe pitch to straddle jump to supported landing on floor.
9A Diff = .4		Backbend kick over or back walkover.	9B Diff = .4		Front limber to stand.
10A Diff = .4		Y-scale, 2''.	10B Diff = .4		Headstand, 2''. Hold in vertical with legs straight and together. No leg variation allowed.
11A Diff = .4		Cartwheel to one knee.	11B Diff = .4		Back pike roll to stand starting and ending with feet together.
12A Diff = .4		Roundoff, straight jump with 180° twist.	12B Diff = .4		Roundoff, straight jump with 180° twist to cartwheel.
13A Diff = .4		Split leap (120° minimum split).	13B Diff = .4		360° turn on one foot (free leg position is optional).