

Grade 1 Pairs			
	1	2	3
A	(i) Handstand should be straight and both the base and tops arms straight. (ii) Top position should show a split position in stag with a good distance between partners.	(i) Handstand should be on the ankles, hands of top should not be in contact with the floor. (ii) Handstand on knee should be straight. Base may lean back to straighten arms.	(i) Handstand on knee should be straight where possible the arms of the base should be straight. (ii) The shoulder stand should be supported directly above the straight arms of the base.
B	(i) Supported back angel on feet. The base may support the shoulders or arms of the top to add stability to the balance. (ii) Supported front angel on feet. The base may support the arms of the top to add stability to the balance.	(i) Back angel on feet. Position of the top should not be excessively arched. (ii) Supported front angel on feet. The top should show a slight arch and good body tension.	(i) Front angle on arms of base lying – arms of the base should be vertical and straight. The top should show a slight arch and good body tension.
C	(i) (ii) The one foot stand can face either direction although should be on balance. Arms of base and top should be straight. Leg position is optional for the top.	Top should be vertical and upright supported securely by the base.	(i) Base elbows rest on floor and are vertical, top should be extended and upright. (ii) Final position of top should be extended and upright directly above the base.
D	(i) & (ii) are counter balances. Arms of top and base should be straight.	(i) (i) & (ii) are both on-balance. It is recognised that the base may not be able to extend the arms in all cases.	Stand on knees free. The final position of the top should be upright and clear of the body of the base.
E	Arms of base should be straight, tops hips should pass shoulders of base, lift phase may be assisted.	(i) As for E(i) although the lift from roll must be continuous. (ii) As for E(i), jumps should be continuous, they may be the same although this may affect artistry.	(i) If the hips of the top do not pass the shoulders of the base this will be considered a serious error. (ii) The turnover should take place above the shoulders of the base.
F	Dive to catch. A clear phase of flight should be seen prior to the catch by the base.	(i) Lift to wrap – this is a preparatory element and flight does not have to be shown. As for F(i) although the top should complete a 180° turn before being caught.	(i) As for F(i) although the top should complete a 360° turn before being caught.
Flex	(i) Bridge – (ii) Japana -	(i) Any splits – (ii) From standing drop back to bridge -	(i) Backward walkover- (ii) Forward walkover- (iii) Valdez
Stand	(i) Any one foot stand 2"– (ii) V sit 2"	(i) Bent leg headstand 2" – (ii) Tuck half lever 2" -	(i) Headstand 2" (ii) Arabesque 2" (iii) Half lever 2" (iv) Straddle lever 2"
Agility	(i) Forward roll to straddle stand (ii) Backward roll with straight legs to stand.	(i) Handstand forward roll to stand. (ii) One arm cartwheel.	(i) Backward roll to handstand. (ii) Flic walkout (iii) Dive roll
Tumble	(i) Cartwheel, chasse, cartwheel – (ii) Forward roll jump to one leg cartwheel.	(iii) Cartwheel, chasse step, Round off, straight jump. (iv) Round off, stretch jump, backward roll.	(i) Round off, 1/2 turn, cartwheel. (ii) Round off, 1/2 turn Round off

Grade 2 Pairs			
	1	2	3
A	(i) Handstand on knee should be straight where possible the arms of the base should be straight. (ii) The shoulder stand should be supported directly above the straight arms of the base.	(i) Top one arm supported handstand on knee of base. Handstand should be straight. (ii) Two handed handstand on knee of base supported by one arm only. Handstand should be straight.	(i) Handstand on shoulders of base, base standing. (ii) Short arm handstand, base lying. (iii) Handstand on knees of base. In all of the above the handstand should show a straight body position.
B	Front angle on arms of base lying – arms of the base should be vertical and straight. The top should show a slight arch and good body tension.	(i) Front angel base standing, as for E1. (ii) Straddle lever, legs should be above the horizontal. (iii) Pike lever, legs should be above the horizontal.	(i) Straddle lever 2/2 base lying. (ii) Straddle lever on bases head and arm, base sitting. (iii) Straddle lever on straight arms, base standing. In all cases the legs of the top should be above the horizontal.
C	(i) Base elbows rest on floor and are vertical, top should be extended and upright. (i) Final position of top should be extended and upright directly above the base.	(i) Stand on shoulders “free”. Support is through contact with the base head on the shins of the top. (ii) Short arm stand in hands. Heels of the top should be clear of the bases shoulders.	Straight arm stand in hands, base lying. There should be an extended line through the bases arms continuing through the tops body position.
D	Stand on knees free. The final position of the top should be upright and clear of the body of the base.	(i) Stand on shoulders slide to split, base may kneel first. (ii) Stand on shoulders to sit, base may or may not kneel first.	(i) Front or back angel slide to split. (ii) Stand in hands base sit. In both cases the base may pass through kneeling to achieve the final position.
E	(i) The turnover should take place above the shoulders of the base.	Supported 360° jump. There should be a clear lift from the base before the twist is started. Hips of the top should reach the shoulders of the base.	From stand in hands straight jump to floor. In both (i) & (ii) the base should aim to fully extend the arms in the pitch.
F	(i) As for Grade1 F(i) although the top should complete a 360° turn before being caught.	Pitch straight jump – the feet of the top should be above the shoulders of the base, a straight body position is expected.	Pitch to catch. A clear flight phase should be seen prior to the catch.
Flex	(i) Backward walkover- (ii) Forward walkover- (iii) Valdez	(i) Change Leg Walkover (ii) One hand walkover forwards (iii) One hand walkover backwards	(i) Back walkover to splits (ii) Forward elbow walkover to any splits (iii) Healy turn (iv) 360' jump to splits (v) One Hand Valdez
Stand	(i) Headstand 2" (ii) Arabesque 2" (iii) Half lever 2" (iv) Straddle lever 2"	(i) Handstand 180° turn. control at the end of the turn should be shown. (ii) Wine glass 2"	(i) Handstand 360' turn control at the end of the turn should be shown. (ii) Chest balance 2" (iii) Tuck top planche 2"
Agility	(i) Backward roll to handstand. (ii) Flic walkout (iii) Dive roll	(i) Headspring to stand (ii) Flic to knee	(i) Free cartwheel (ii) Headspring 180' turn to front support (iii) Hecht Dive roll
Tumble	(i) Round off, 1/2 turn, cartwheel. (ii) Round off, 1/2 turn Round off	(i) Handspring (ii) Flyspring (iii) Roundoff Flic	(i) Two handsprings (ii) Round off two flics (iii) Handspring to one, round off flic

