

National Development Plan 8

Code of Points

Produced by:
Acrobatic Technical Committee

Acrobatic Gymnastics

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ACKNOWLEDGEMENTS

The Acrobatic Technical Committee (ATC) would like to thank everyone who has been involved in drafting this version of the National Development Plan (NDP).

The ATC consulted with representatives from the Regions/Home Nations and also received valuable input from the National Coach.

The members of the ATC captured and reviewed all of the feedback received as part of the consultation and used this information to create the National Development Plan 8 (NDP8).

NDP QUESTIONS AND QUERIES

Any questions or queries regarding the NDP8 that require clarification must be submitted to the ATC via the Regional Chair and/or Regional Competition Organiser.

The Regional Chair and/or Regional Competition Organiser must send the query in written format either in hard copy or electronic format to the ATC Communication Officer or Chairman.

Questions raised verbally with the ATC will not be given a formal response.

All questions and queries will be dealt with at ATC meetings and responses will be formally published in the TC update which will be posted on the BG website upto 2 weeks following the TC meeting.

As a principle if a rule is not written in the NDP8 documentation or published in a TC update then it does not exist and in the competition environment the benefit of the doubt has to be given to the gymnasts.

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Foreword

The NDP is a highly regarded developmental framework and so it is with considerable thought, discussion and consultation that the ATC entered into the process of updating the existing structure. Many of the elements contained within the previous NDP remain.

The objective of the NDP is to provide a steady pathway for acrobatic gymnastic development independently of the international performance levels. However, it is possible to cross between the two pathways, as illustrated in Figure 1.

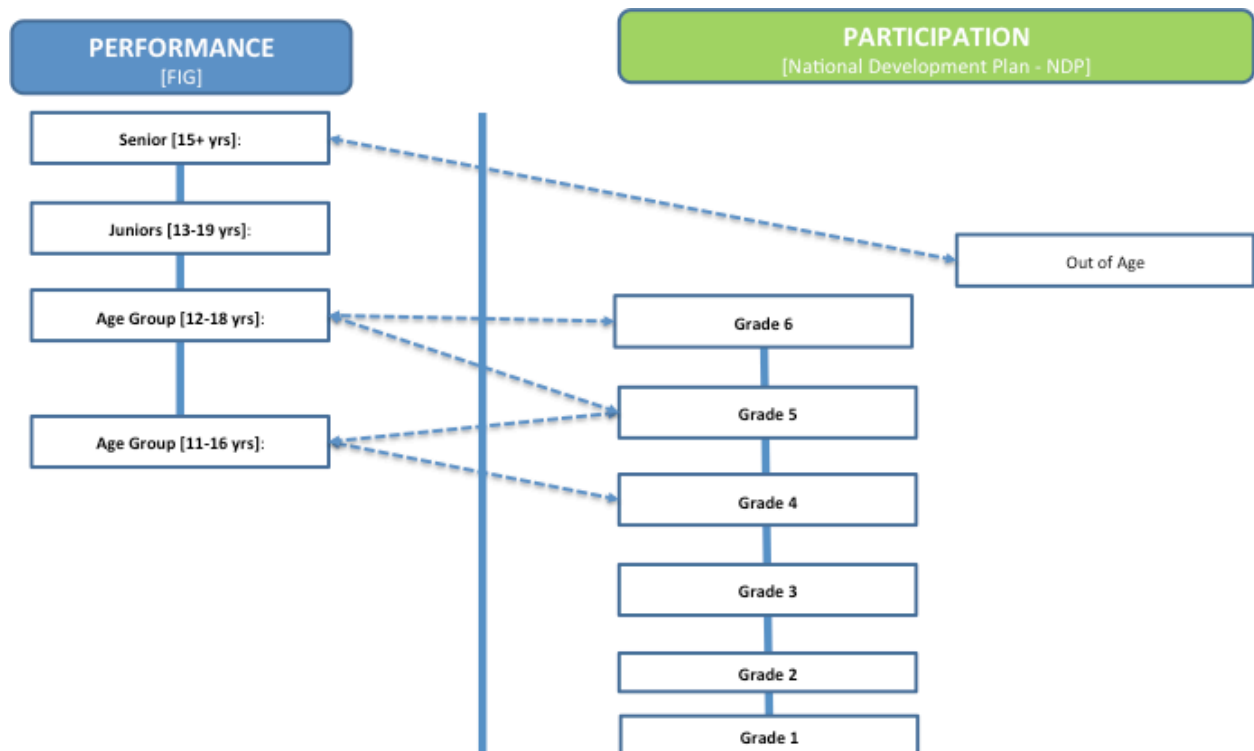


Figure 1: Pathway between NDP and FIG

The NDP seeks to find the competitive balance between allowing the opportunity to perform high difficulty elements, where ability allows, without compromising exercise execution and quality.

It should be stressed that the NDP is **not** a technical manual for coaches and as such progression through the NDP is at the discretion of the coach but it must be in line with the development of the gymnasts. It is highly recommended that all partnerships start their learning from Row 1 in the Tables of Difficulty at their chosen level no matter of their physical development, previous experience or final competition intention. Competition entry for NDP is however in accordance with BG entry to competition policy which is based on coaching qualifications.

Regions/Home Nations remain entitled to determine the criteria for entry in their own Regional events using the NDP framework however, competition regulations to determine qualification for NDP Finals will be published annually in the [National Competition Handbook](#).

The Acrobatic Technical Committee is pleased to present the NDP8 Code of Points and Tables of Difficulty for 2013 – 2016.

1 PURPOSE AND GOALS OF THE NDP

The aim of the NDP is to:

- Assist the growth and development of gymnasts through education and competition experience.
- Provide a sound developmental and educational framework that enables coaches and judges, collaboratively to assess progress, attainment and potential of gymnasts' performance.
- Familiarize gymnasts, coaches and judges with the requirements of National and International competition.
- Facilitate the creation of a standardised progressive competition structure across the Regions/Home Nations.

2 PARTICIPATION

- 2.1.1** Gymnasts are permitted to compete in only one discipline and one partnership per competition. The exception to this is non-disabled gymnasts who compete in a disabled partnership. These individuals are able to compete in one disabled discipline and one non-disabled discipline within the same competition. The two disciplines do not need to be the same.
- 2.1.2** Partnerships who have previously competed are not permitted to compete at a lower level within the same partnership, where the same partnership is defined, as all partners remain the same.
- 2.1.3** Gymnasts must choose whether to enter the NDP Prelims or the British Championships, they can't enter both competitions in the same year.

2.2 Transfer

- 2.2.1** A gymnast may compete for only one region within the competition year unless they transfer clubs to a new region according to the procedure set out by BG.

2.3 Membership

- 2.3.1** Gymnasts must hold, as a minimum, current Silver BG membership at the time of Regional Preliminaries. Anyone discovered to have been without the correct level of membership for these competitions will be disqualified.

2.4 Nationality

- 2.4.1** NDP Events are open to non-British Citizens providing that they are members of BG and are members of a BG registered club.
- 2.4.2** The full list of rules for participation in the National Finals is also provided in the Competition Handbook.

3 COMPETITION STRUCTURE AND EVENTS

The NDP consists of 5 disciplines covering 7 developmental levels:

Level	Discipline					Exercises
Grade 1	MP	WP	Mxd			Combined
Grade 2	MP	WP	Mxd	Group (Men, Women or Mixed)		Combined
Grade 3	MP	WP	Mxd	WG	MG	Combined
Grade 4	MP	WP	Mxd	WG	MG	Combined
Grade 5	MP	WP	Mxd	WG	MG	Balance/Dynamic
Grade 6	MP	WP	Mxd	WG	MG	Balance/Dynamic
Out of Age	MP	WP	Mxd	WG	MG	Balance/Dynamic

3.1.1 The competition structure for the NDP consists of a qualification competition held in each of the 13 Regions /Home Nations. This leads to a National Finals competition for the first partnership at each level in each of the Regions/Home Nations who meet all eligibility criteria.

3.2 Ranking

3.2.1 The score is used in determining the rankings of competitors and the score is determined by adding together:

- The average mark for Technical merit which has a maximum score of 10.0 (Execution or E score)
- The average mark for Artistic merit which has a maximum score of 10.0 (Artistry or A score)
- The Difficulty Value of the exercise which has a maximum score of 10.0 (D Score)

3.2.2 Penalties are taken from the Total Score by the Chair of the Judging Panel (CJP) and the Difficulty Judge (DJ) in accordance with the current FIG Code of Points.

$$E \text{ score} + A \text{ score} + D \text{ score} = \text{Total Score} - \text{Penalties} = \text{Final Score}$$

3.2.3 If four technical and four artistry judges are used, the average is determined by eliminating the high score and the low score, and taking the average of the middle two scores. If only three technical and three artistry judges are used, the average is determined by taking the average of all three scores.

3.3 Tie Breaks

3.3.1 Only one representative in each discipline from each level can proceed to National Finals therefore in qualifications tiebreak rules are:

- The highest E-score, followed by the highest A-score and finally the highest performed difficulty of the Combined exercise or if two exercises are performed it is the highest E-score, followed by the highest A-score and finally the highest difficulty of the sum of the two exercises.
- In the exceptional event that a tie still remains the onus is that of the region to select and nominate their representatives to attend national finals.

3.3.2 In finals a tie cannot be broken.

3.4 Team Event

- 3.4.1** There will be a Team Event at the National Finals. At the time of entry into the National Finals the region will nominate 5 partnerships whose scores will count towards the Regional Team. The winning Team will be based on the sum of the 3 highest scores from the 5 nominated but must consist of at least 1x pair and 1 x group. For Grade 5, Grade 6 and Out of Age only, the scores used in the Team Event will be the average score of the Balance and Dynamic exercise.

3.5 Age Restrictions

- 3.5.1** The competitive age of a gymnast is defined as their age on December 31st of the current year. The minimum competitive age for entry to NDP Finals is 9 in the year of competition.
- 3.5.2** Regions/Home Nations may implement their own age policy, with a minimum age restriction of 8 in the year of competition, but gymnasts eligible for NDP finals must be 9 in the year of competition.
- 3.5.3** In the interest of gymnastic development Grades 1-6 have a restriction of no more than 7 years age difference between the oldest and youngest partner.
- 3.5.4** In addition the following age restrictions also apply:
- Grade 1 – Maximum age in year of competition 11 years.
 - Grade 2 – Maximum age in year of competition 12 years.
 - Grade 3 - Maximum age in year of competition 16 years.
- 3.5.5** The Out of Age category has an age restriction of a minimum age of 11 years old in the year of competition for the Top and a minimum age of the Base (or one of the Bases) is 19 years in the year of competition.

3.6 Height Deductions

- 3.6.1** A deduction of 0.1 is made per exercise if the height of the shorter partner is at or less than one centimetre above the suprasternal point. If they are below the suprasternal notch the deduction will be 0.3 per exercise.

3.7 Length of Exercises

- 3.7.1** All exercises have a maximum duration of 2 minutes. There is no stipulated minimum. The first move made by one or more competitors from their starting position is considered as the beginning of the exercise. The end of an exercise must be a static position. There is a 2" (second) tolerance before the automatic overtime of exercise penalty is applied.

3.8 Musical Accompaniment

- 3.8.1** All exercises are performed to music, without words included. Voice may be used as an instrument.

3.9 Coach Requirements for Competitions

- 3.9.1** All gymnasts must have an accredited coach present on the competition floor at all times. If a gymnast attends a competition without a coach they will not be allowed to compete.
- 3.9.2** To be eligible to coach at NDP competition, coaches must have:
- Silver, Gold, Joint Gold or Life Members of BG before being allowed to officiate at a BG competition.

- A current BG specific DBS (Disclosure and Barring Service) certificate, or Home Nation equivalent, previously known as CRB.
- Current BG recognised Safeguarding & Protecting Children Awareness training.
- A qualification to the level of the elements being performed by their gymnasts before being allowed to participate in a BG competition.

3.10 Competition Attire, Accessories and Aids

- 3.10.1** Partners must wear identical or complementary attire.
- 3.10.2** Women and girls may perform in leotards, one-piece unitards or leotards with skirts. Tights are allowed. Leotards may be with or without sleeves, but dance style leotards with narrow straps are not allowed.
- 3.10.3** Skirts must cover, but not fall further than the pelvic area of the leotard, tights or unitard. The style of the skirt (cut or decoration) is free, but the skirt must always fall back on the hips of the gymnast. (The look of “ballet tutu” is forbidden.) The skirt must be integrated into the leotard. (It may not be removable.)
- 3.10.4** Men and boys may compete in leotards with gymnastic shorts or long gymnastic trousers. One-piece suits/unitards are allowed.
- 3.10.5** Dark colour legs of trousers, unitards or tights are allowed only if the whole length of colour on the legs is broken significantly from the hip to the ankle by light coloured decoration or pattern.
- 3.10.6** All attire must be modest including the use of proper undergarments. The cut of the leg of leotards must not go above the iliac crest (hipbone). The neckline must be no further down than half the sternum in the front, or below the lower line of the shoulder blades in the back. Lace and transparent material on the torso must be fully lined.
- 3.10.7** Competitors may perform with or without footwear, which must be flesh colour or white, clean and in good repair. For men, when they wear trousers, footwear (gym shoes or socks) must be worn.
- 3.10.8** Jewellery and adornments worn in body piercing are not allowed. [Healthy & Safety](#).
- 3.10.9** Hair clips, slides, bands and ribbons, if worn, must be secure. Character hair accessories (e.g. tiaras, feathers and flowers) are not allowed.
- 3.10.10** Face painting is not allowed. Any make-up must be modest and not portray a theatrical character (animal or human).
- 3.10.11** Taping and support bandages must be of neutral colour.

4 JUDGING

4.1.1 The emphasis of the NDP competitions is on perfecting technical performance. For this reason the ATC have implemented a structure that reduces the impact of difficulty and artistry.

4.1.2 All exercises are judged for technical merit, in accordance with the current FIG Code of Points.

4.1.3 A penalty of 1.0 is applied:

- For each missing pair element, a Special Requirement penalty is applied.
- For each missing individual element, a Special Requirement penalty is applied.
- For performance of a forbidden element. This penalty is applied for each violation, even if the performed element is not declared on the tariff sheet.
- Falling outside the boundary.

4.1.4 A penalty of 0.5 is applied :

- When forbidden or immodest attire is worn.
- Each time a gymnast lands 2 feet outside the boundary.
- When music contains words.
- When poor sportsmanship in the field of play is exhibited.

4.1.5 A penalty of 0.3 is applied :

- When elements are not performed in order on Tariff Sheet.
- For a late Tariff Sheet.
- For each second missing of a 3 ("") second static element.
- When static elements prior to a motion indicated as 1 ("") second in Tables of Difficulty are not held.
- For each second missing of a 2 ("") second individual element.
- For all attire infringements.
- For failure to present to the Judges at the start or end of the exercise.
- For a re-start without justification.
- When ending before or after music.

4.1.6 A penalty of 0.1 is applied:

- Each time the attire is adjusted or an accessory is lost.
- For each second over 2 minutes following a 2 second tolerance.
- Each time a gymnast steps over the boundary line.

4.1.7 All exercises are judged for Artistic merit, in accordance with the current FIG Code of Points but adapted for NDP8 (see Appendix B for artistry judging criteria).

4.2 Judge Requirements for Competitions

4.2.1 To be eligible to judge at NDP competition, judges must have:

- Current Silver, Gold, Joint Gold or Life Members of BG before being allowed to officiate at a BG competition.
- A current BG specific DBS certificate, or Home Nation equivalent, previously known as CRB.
- Current BG recognized Safeguarding & Protecting Children Awareness training.
- Qualified on the current competition cycle.
- A British Gymnastic Club Judge as a minimum.

4.3 Uniform

4.3.1 Judges must wear the official uniform when officiating at a competition. For the current cycle Acrobatic Gymnastic judges will wear:

- Black jacket.
- Black skirt (women) or full length trousers (men and women).
- White shirt (men and women) or blouse (women).
- CJP will wear light blue shirt or blouse.
- Black shoes (not sandals) or clean track shoes if required by organizers. Heels that will damage gymnastic floor covering must be avoided.
- Hair must be neat and not inhibit vision.

5 COMPOSITION OF EXERCISES

5.1 General Rules

- 5.1.1** The drawings in the NDP Tables of Difficulty are only a guide to the general shape of elements.
- 5.1.2** Elements may be performed with minor stylistic variation from the element pictured in the NDP Tables of Difficulty.
- 5.1.3** No element can be repeated in a grade.
- 5.1.4** If two elements are selected from the same row, the first element performed from that row shall be used in the calculation of difficulty.

5.2 General Special Requirements

- 5.2.1** One pair/group element must be performed from each row in the Tables of Difficulty, except for Grade 5 and 6 Men's Groups Balance where only two elements are required to be selected from 3 or 4 rows respectively.
- 5.2.2** All pair/group balance elements must be held for a minimum of 3 (") seconds unless otherwise stated in the NDP Tables of Difficulty.
- 5.2.3** A 1 (") second static hold may be performed by both pairs and groups, as long as it is clearly identified as a 1 (") second hold on the tariff sheet and no difficulty value is claimed.
- 5.2.4** Both a forward and backward dynamic skill must be performed (excluding individual elements), only applies to the Dynamic routine.
- 5.2.5** Each partner of a pair or group must perform three individual elements from Tables of Difficulty either simultaneously or in immediate succession.
- 5.2.6** One individual element must be selected from each row. Additional individual elements may be performed, but may incur technical deductions.
- 5.2.7** Individual elements with a static hold (e.g. arabesque or handstand) must be unsupported by partners to be considered for difficulty value. These elements must be held for 2 (") seconds.
- 5.2.8** All partners do not need to perform the same individual but they must perform individuals from the same row either simultaneously or in immediate succession but they cannot overlap. E.g. back-walkover cut to splits, then a hold in splits, counts as one element, not two separate elements.

5.3 General Restrictions

- 5.3.1** It is forbidden for women to work on the back of the neck (except where there are two points of support) or top of the head.
- 5.3.2** Men may not perform Mexican or ring handstands (forbidden).
- 5.3.3** A catch to wrap (i.e. legs astride the hips of the base) may only be performed with straight legs and is forbidden for men.
- 5.3.4** In mixed pairs the base must always be the male.
- 5.3.5** Landings must be supported for all dynamic elements unless otherwise stated in the element descriptions.

5.4 General Clarifications

- 5.4.1 Elements should be selected to show optimum variety.
- 5.4.2 When a lever is stated in the element descriptions it may be performed in either a straddle or pike lever position unless specifically stated as a straddle lever or pike lever.
- 5.4.3 A handstand may be performed with legs either apart or together in all positions of handstand in both pair and group balance and dynamic elements. There is no need to identify the specific leg position on the tariff sheet.
- 5.4.4 The directions of handstands during balances are optional unless stated in the element descriptions.
- 5.4.5 Motions to sit or splits are optional unless stated otherwise in the element descriptions.
- 5.4.6 In sitting the Base's legs may be together or in straddle unless stated otherwise in the element descriptions.
- 5.4.7 In lying the Base's legs may be straight on the floor or bent at the knees with feet on the floor.
- 5.4.8 Individual elements are required for Special Requirements but do not count for difficulty.

5.5 Pairs Grade 5 and 6

Restrictions

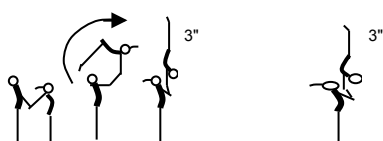
- 5.5.1 An unsupported handstand must be performed by the top in a minimum of 1 element.
- 5.5.2 Top planche does not fulfil the Special Requirement of an unsupported handstand at Grades 5 and 6.
- 5.5.3 Not more than 3 dismounts can be used.
- 5.5.4 Not more than 3 identical start points.
- 5.5.5 Not more than 3 identical catch positions.

Clarifications

If static elements are linked from different rows such that:

- 5.5.6 The end position of the first element is a 3 (") second hold and the second element is a 3 (") second hold in the same end position as the first element. This position only needs to be held for one 3 (") second hold not 6 (") seconds.
- 5.5.7 The end position of the first element is a 3 (") second hold and the second element is a 1 (") second hold in the same end position as the first element. This position only needs to be held for one 3 (") second hold not 4 (") seconds.

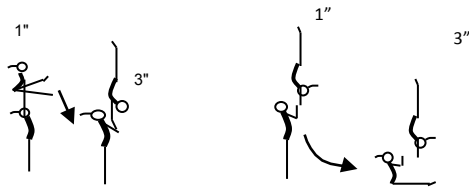
For example: Grade 5 Pairs: The short arm handstand only needs to be held for 3 (") seconds.



E3(vi)

A2(i)

The short arm handstand on the base standing only needs to be held for 3 (") seconds.



D1(iv)

B1

5.6 Women's Group Grade 5 and 6

Special Requirements

- 5.6.1** An unsupported handstand must be performed by the top in a minimum of 1 pyramid. This special requirement cannot be fulfilled by another partner acting as the top.
- 5.6.2** Top planche does not fulfil the Special Requirement of an unsupported handstand at Grades 5 and 6.
- 5.6.3** Group balance exercises must include a minimum of 3 different pyramids.
- 5.6.4** Group balance exercises must include a minimum of 3 x 3 (") seconds static holds.

Restrictions

- 5.6.5** The top can receive difficulty value for the same position in the whole exercise 2 times for a static hold.
- 5.6.6** In the whole exercise, not more than 1 pyramid can have 2 bases on the floor (i.e. Category 1).
- 5.6.7** In the whole exercise, only 1 pyramid can have 2 tops working (i.e. Category 2).
- 5.6.8** Not more than 3 dismounts can be used.
- 5.6.9** Not more than 3 identical start points.
- 5.6.10** Not more than 3 identical catch positions.
- 5.6.11** Not more than 3 links will be evaluated in one exercise.

Clarifications

- 5.6.12** Category 2 pyramids are pyramids with 2 tops working. In this special category, 1 of the tops may change position and receive full difficulty value for the motion and the new static hold, even if the position of the second top and base remains unchanged. However, if the second top does not change position, they receive difficulty value for the static hold only one time. (The base position is also given difficulty value only one time).

5.7 Men's Groups Grade 5 and 6

Special Requirements

- 5.7.1** An unsupported handstand must be performed by the top in a minimum of 1 pyramid. This special requirement cannot be fulfilled by another partner acting as the top.
- 5.7.2** Top planche does not fulfil the Special Requirement of an unsupported handstand at Grades 5 and 6.
- 5.7.3** Two different pyramids are required or as an alternative to one pyramid a single pair element may be selected from the same level Pairs Table of Difficulty provided it is performed by two pairs simultaneously or in immediate succession. The pair elements performed must be identical and receive the same difficulty as in pairs although difficulty is for each pair performing the balance.
- 5.7.4** There must be a minimum of 3 static holds each of 3 (") seconds duration.

Restrictions

- 5.7.5** The top can receive difficulty credit for the same position in the whole exercise 2 times for a static hold.
- 5.7.6** No more than 4 of the same start positions from platform will be evaluated for difficulty.
- 5.7.7** No more than 4 of the same catch positions on platform will be evaluated for difficulty (A change of partners during flight phase is considered to be an identical element as the same element without a change of partners).
- 5.7.8** Only 1 element performed by the 3 active partners, with the fourth not participating in the element, may count towards the difficulty value. Assisting the landing in a dismount is NOT considered to be an active role.

5.8 Individuals Grade 5 and 6

- 5.8.1** In the balance exercise, each partner must perform Category 1 individual elements from all three (3) different types: balance, agility and flexibility. A 1.0 Special Requirement deduction applies if all partners do not perform all three types. This penalty is applied one time per exercise, even if more than one partner fails to meet the Special Requirement.
- 5.8.2** In the dynamic exercise, each partner must perform individual elements from Category 2. They must be preceded by motion and land on one or two feet according to the character. Note: Front handspring to one foot can only be performed in conjunction with another element. If a salto is not performed by one (1) or more of the partners, a penalty of 1.0 is applied for failure to meet the Special Requirement. This penalty is applied one time per exercise, even if more than one partner fails to meet the Special Requirement.
- 5.8.3** The intrinsic value of individual elements must have a minimum value of 1 and a maximum value of 10 for balance and 12 for dynamic.
- 5.8.4** One of the three (3) category 2 individual elements performed by all partners must be a salto.

6 Difficulty

6.1.1 Each element chosen from the NDP Tables of Difficulty has a stated difficulty value, which is used to determine the overall difficulty value of the exercise. There is no minimum requirement for difficulty. The difficulty of each element is calculated according to the column in which it falls in the NDP Tables of Difficulty.

6.1.2 The exercise difficulty is determined by the total values of the element performed. The column in which it is to be found determines the value of the element.

- Elements in column 1 have a value of 1
- Elements in column 2 have a value of 2.
- Elements in column 3 have a value of 3.

The exception to this is Grade 5 & 6 Womens Groups, where:

- Elements in column 1 have a value of 3
- Elements in column 2 have a value of 4.
- Elements in column 3 have a value of 5.

6.1.3 The values of the elements performed are added together to provide the total difficulty for the exercise.

6.1.4 Individual Elements are not used in calculating the difficulty value of the exercise, although they must be performed to meet Special Requirements.

6.1.5 The difficulty value of the exercise, Grades 1-6 is calculated according to the following Conversion Table:

Value	Difficulty
15	10.00
14	9.97
13	9.94
12	9.91
11	9.88
10	9.85
9	9.82
8	9.79
7	9.76
6	9.73
5	9.70
4	8.70
3	7.70
2	6.70
1	5.70

7 Out of Age

7.1.1 In the Out of Age Category all pair/group and individual elements are taken from the FIG Tables of Difficulty.

7.1.2 All the general rules for NDP described in Section 5 apply to Out of Age, as well as the following specific rules.

7.2 Pairs Out of Age

Restrictions

7.2.1 In one exercise, the top of the pair may repeat the same position a total of 4 times (2 times as a static hold and 2 times during a motion of the base). No further difficulty credit will be given to the top and no further difficulty credit will be given to the base unless the top moves to a different position of difficulty value.

7.2.2 Bases may not repeat an identical motion in the same exercise, regardless of the position of the top.

7.2.3 The base may not change the point of support during a motion.

7.2.4 If the top moves to a position of no value during a motion of the base, there is no value for the motion of the base and no value for the work of the top. If there is no value for the motion of the base, there is no value for the work of the top.

7.2.5 When the base and the top are changing position at the same time, the top may change position only one time during the motion of the base.

7.2.6 When a base or top is in a position that does not receive difficulty value no difficulty is given for the static position or motion of the partner.

7.2.7 Difficulty value is not given for a motion of the top or base if a pair cannot or does not claim difficulty value for the final position.

Clarifications

7.2.8 When the top of a pair does not change position during a motion by the base, the start position is used to determine the difficulty value of the top.

7.2.9 When a top changes position during a motion of the base, the difficulty value is calculated as the value of the start position of the top, plus (+) the motion of the top, plus (+) the motion of the base.

7.2.10 The final position of each mount (a movement from the floor or partner, into a static position at a higher point of support) must be held for 1 (") second for the mount to be given difficulty value. It is acceptable for a mount to be performed to handstand on bent arms, with an immediate push to a handstand on straight arms and then held for 1 (") second. Full difficulty credit will be given for the mount on bent arms even though the hold is on straight arms.

7.3 Women's Group Out of Age

Restrictions

- 7.3.1** There must be a minimum of 2 different categories of pyramid performed during the exercise.
- Only one pyramid where two tops are performing at the same time
 - Only one pyramid with two bases on the floor
- 7.3.2** The pyramids do not have to be performed as separate constructions.
- 7.3.3** In the whole exercise, 1 pyramid may be performed with two base positions. Difficulty credit will be given for the work of the top and the two base positions, even if the base positions are from the same category. A pyramid with 2 base positions is considered as 1 pyramid. In pyramids with 2 base positions, the first base pyramid performed determines the category of the pyramid.
- 7.3.4** Category 1 and Category 2 pyramids may be used in a pyramid with two base positions. However, they cannot be used in two separate pyramid constructions.
- 7.3.5** The top can receive difficulty value for the same position in the whole exercise 2 times for a static hold.
- 7.3.6** When partners move at the same time, it is considered to be 1 motion. However, when the partners move at different times it is regarded as two different motions.
- 7.3.7** When a top, middle or base is in a position that does not receive difficulty value, because of repetition or restriction, no additional difficulty is given for the static position or motion. (Exception: Pyramid with two tops working).
- 7.3.8** All 3 partners must be actively involved for an element to be evaluated for difficulty. E.g. 1 base may 'pass the top' to the other base and claim difficulty value. Assisting the landing in a dismount is not considered to be an active role. The element will not count for difficulty or Special Requirements.

Clarifications

- 7.3.9** After Special Requirements are met, additional pyramids may be performed from any category, unless restricted. The order of performance of all pyramids in the exercise is optional. However, each pyramid that is a category repetition must be a new construction starting from the floor.

7.4 Men's Group Out of Age

Special Requirements

- 7.4.1** 1 pyramid must have only 1 base on the floor.

Restrictions

- 7.4.2** A pyramid with 1 or more transitions is considered only as 1 pyramid.
- 7.4.3** 1 pyramid with 2 bases on the floor may be used for Special Requirements. However, difficulty credit may be given for 1 transitional pyramid with 2 bases on the floor AND for 1 separate pyramid construction with two bases on the floor.

- 7.4.4** In the whole exercise, only 1 pyramid can have 2 tops working.
- 7.4.5** A pyramid with 3 bases on the floor does not satisfy Special Requirements. However, additional difficulty value can be given.
- 7.4.6** Transitions must be made without going to the floor. At least one middle and/or base must change the point of support for a transition value to be given and then difficulty value is given for a transition only when performed from a 3-second hold to a 3-second hold.
- 7.4.7** In a pyramid without transition, but with more than 1 static hold, the highest base difficulty value is given.
- 7.4.8** During the whole exercise, the top can go to a position of no value 2 times.
- 7.4.9** When partners move at the same time, it is considered to be 1 motion. However, if the top moves, then the middle, then the base, it is regarded as 3 motions.
- 7.4.10** Only 1 dynamic element with a throw of 1 partner by the 3 acting together.
- 7.4.11** Only 1 dynamic element with a catch of 1 partner by the 3 acting together.
- 7.4.12** Only 1 horizontal catch (regardless of variant) may be credited for difficulty value.

Clarifications

- 7.4.13** Once Special Requirements are met, additional pyramids may be performed. If more pyramids are performed, 1 horizontal box or 1 vertical box can be repeated 1 time. The order of all pyramids in the exercise is optional.

In a transitional pyramid:

- 7.4.14** When the top does not change position during a transition of the bases, the start position is used to determine the difficulty value of the top.
- 7.4.15** When a top changes position during a transition, the difficulty value of the transition is calculated as the value of the start position of the top, plus the motion of the top, plus the transition.
- 7.4.16** When the top is in a position of no value during a transition, there is no value for the transition of the bases, only for the final static position(s).
- 7.4.17** There is no requirement for the top to hold the same position during the motion and on the final pyramid. E.g. a top may be in a straddle position during the transition and then press to handstand for the final hold.
- 7.4.18** In group transitions, if the beginning position or the ending position is held less than 1 (") second, there is no difficulty value given for the static hold or transition. These elements do not count for Special Requirements and a time fault of 0.9 is applied. (Article 46.3) Execution Judges take technical faults for any errors which occur, including those for non-completion of an element or for a fall.
- 7.4.19** One mat for landing from pyramids for Balance and Combined Exercises is permitted, if placed in contact with the perimeter of the floor. The mat must remain in place for the entire exercise. The coach is responsible for the placement of the mat prior to the exercise and for removal of the mat immediately following the exercise.

7.5 Individuals Out of Age

- 7.5.1** In the balance exercise, each partner must perform 3 Category 1 individual elements , one from static, agility and flexibility.
- 7.5.2** In the dynamic exercise, each partner must perform 3 individual elements from Category 2, One must be a salto and must be performed by all partners.
- 7.5.3** The intrinsic value of individual elements must have a minimum value of 1 and a maximum value of 10 for balance and 12 for dynamic.

7.6 Difficulty for Out of Age

- 7.6.1** The difficulty value of the exercise for Out of Age is calculated according to the following Conversion Table:

Value	Difficulty
46-50	10.00
41-45	9.9
36-40	9.8
31-35	9.7
26-30	9.6
21-25	9.5
16-20	8.5
11-16	7.5
6-10	6.5
1-5	5.5

- 7.6.2** In the Out of Age category up to 20 additional values are allowed but no additional difficulty is received. Above 70 values 1.00 deduction will be given.

8 Tariff Sheets

- 8.1.1** A Tariff Sheet is an illustration of the pair, group and individual elements to be performed in the exercise and is required at all levels of NDP competition.
- 8.1.2** Elements must include the Row and Value as indicated in the NDP Tables of Difficulty. Where elements are selected from the FIG Tables of Difficulty the elements must include the page and Reference Number and Value as indicated.
- 8.1.3** Elements that are purely used to meet Special Requirements (i.e. Individual elements) must be identified on the tariff sheet. Only Individual elements taken from the FIG Tables of Difficulty need to have their Row and Value indicated. Individuals in grade 1-4 need only have their Row indicated, as they do not have a value.
- 8.1.4** All elements to be performed must be included on the tariff sheet in the order of performance. If the elements are out of order, a penalty is applied only once per exercise.
- 8.1.5** The intended timing of all static holds, including individuals must also be declared.
- 8.1.6** In instances when the illustration and the reference are not consistent on the tariff sheet the illustration will be taken as the correct declaration of the element.
- 8.1.7** Where an element performed is not the declared pictorial form, providing the new element is from the same row it will receive no value although will count towards Special Requirements.
- 8.1.8** Each missing element will incur a penalty of 1.0 for Special Requirements and a further deduction of the maximum element value for the respective row. Time faults will also be applied.
- 8.1.9** It is the responsibility of the coach to prepare and ensure that the Tariff sheets are correct.
- 8.1.10** Tariff sheets must be submitted in electronic format excel, pdf, etc. Hand drawn tariff sheets must be drawn in "black pen" before being converted to a pdf.
- 8.1.11** Changes to Out of Age tariff sheets, which are submitted prior to the Event, can be made up to 48 hours before the start of any Event. Changes requested after this date without the support of a medical professional will incur a late tariff sheet penalty of 0.3 per tariff sheet.
- 8.1.12** A sample electronic tariff sheet has been included in Appendix A. Elements need to be either copied and pasted from the Tables of Difficulty or hand drawn together with the Row/ID number and Value. All difficulties together with the total exercise difficulty needs to be entered into the tariff sheet and the overall routine difficulty should be calculated automatically.

Appendix A – Guidelines for completing NDP8 Tariff Sheets

	1					I1			
Value	A	B	C	D		A	B	C	D
SH	Box 1					Box 1			
Top	Box 2								
Base	Box 3								

Grades 1 – 4 and Pairs Grades 5 & 6

- **Box 1:** Row identification of the Static element from the NDP Tables of Difficulty
- Difficulty Value (1,2 or 3) to be placed in box **Value A.**
- **Box 2:** Row identification of the Dynamic element from the NDP Tables of Difficulty
- Difficulty Value (1,2 or 3) to be placed in box **Value B.**
- **Box 3:** not used for Grade 1-4.

Note: For all static holds the timing of the hold (1" or 3") must be indicated alongside the pictorial representation of the element.

Women's and Men's Group Balance Grade 5 and 6

- **Box 1:** Row identification or identification number of the Static Element or Top Static Hold from the NDP Tables of Difficulty or FIG Tables of Difficulty respectively.
- Difficulty value to be placed in box **Value A.**
- **Box 2:** Row identification or identification number of the Top Mounts and Motions from the FIG Tables of Difficulty.
- Difficulty value to be placed in box **Value B.**
- **Box 3:** Row identification or identification number of the Base Motions and Positions from the FIG Tables of Difficulty.
- Difficulty value to be placed in box **Value C.**

Women's and Men's Group Dynamic Grade 5 and 6

- **Box 1:** not used.
- **Box 2:** Row identification or identification number of the Dynamic Element from the NDP Tables of Difficulty or FIG Tables of difficulty respectively.
- Difficulty value to be placed in box **Value B.**
- **Box 3:** not used.

Individual Elements

- **Box 1:** Row identification of the **Individual element** from the NDP Tables of Difficulty or ID number of individual element from FIG Tables of Difficulty.
- Difficulty Value to be placed in box:
- **Value A and B** for each individual in the Pair.
- **Value A, B and C** for each individual in the Women's Group.
- **Value A, B, C and D** for each individual in the Men's Groups.

Note: How many and which members of the partnership are performing the individual must be indicated alongside the pictorial representation of the element. For a stand the time of the hold (2") seconds must also be indicated.

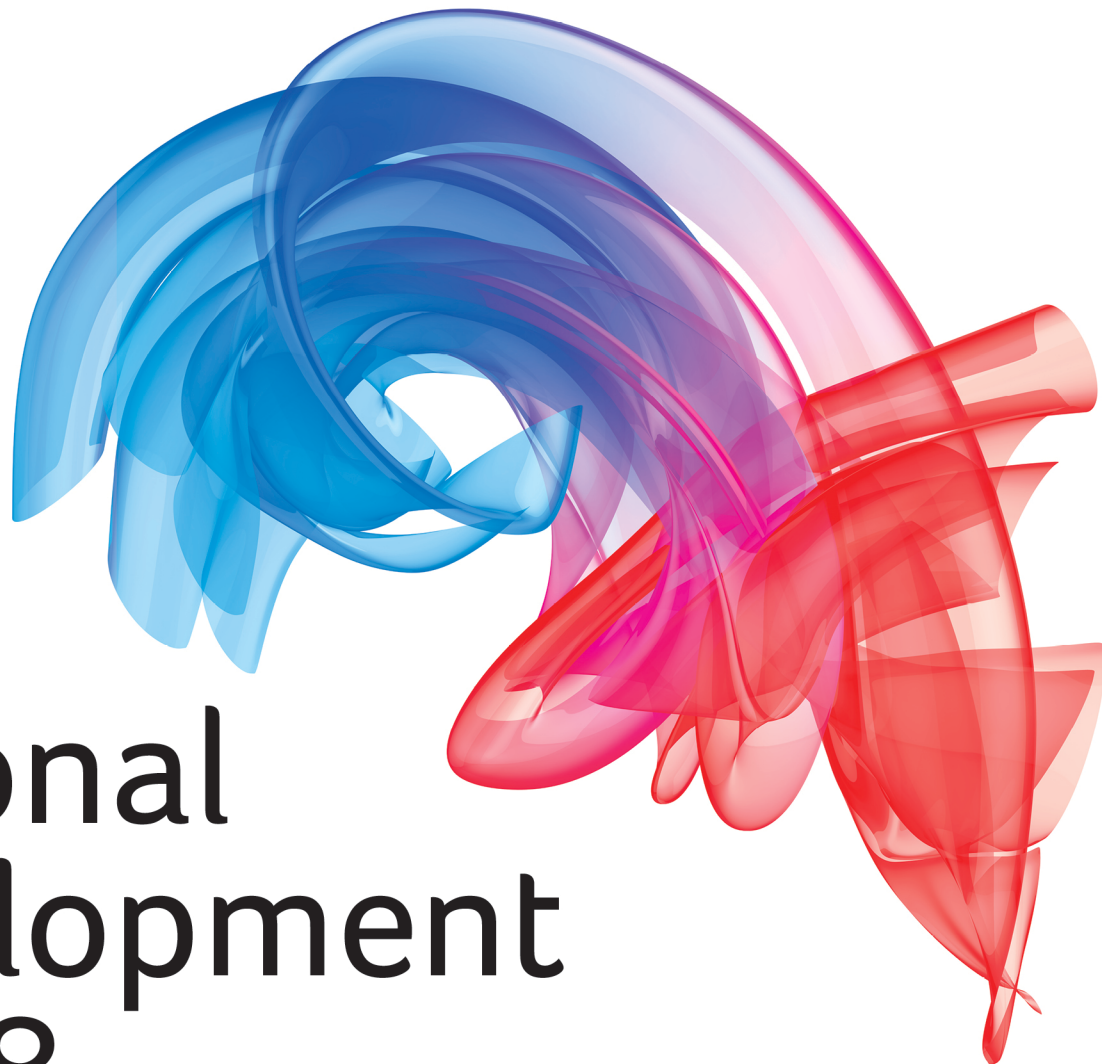
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Appendix B – Artistry Judging Sheet

ARTISTRY TABLE NDP8			
Criteria	0.1 Slight lack	0.2 Significant lack	0.3 Serious lack
Space 0.3			
Use of Floor <i>All sectors of the floor used: each quadrant, the central area</i>	One area of floor not visited	1/3 or more of floor not covered	½ of the floor is used
Variety 0.6			
Choreography lacks <i>Variety of steps, directions and levels</i>	One or two directions or levels not used. Some different steps used	Several directions and levels omitted. Only a few different steps used	All on one level and very few different steps or patterns
Creativity <i>Originality and flow in the routine construction including entries and exits from moves</i>	An inventive routine with a few long pauses for concentration before elements	Several original dance steps or entries to elements or unusual exits from elements	All movements and choreography are without any originality
Choreo Performance 0.6			
Amplitude <i>Amplitude of the choreography</i>	One or two occasions when amplitude is lost	Several occasions when amplitude is lost	Poor amplitude throughout
Synchro <i>Synchrony between music and movement and between partners</i>	One or two occasions when synchrony is lost	Several occasions when synchrony is lost	Many occurrences of poor synchrony with partners and music
Musicality 0.6			
Harmonisation <i>Suitability of the choice of music for the age and ability of the gymnasts</i>	The gymnasts find it difficult to perform the choreography	The music is not in keeping with the age and/or maturity of the performers	The music is entirely inappropriate - love story or suggestive music for young performers.
Flow <i>Structure, rhythm and theme logical and not interrupting flow.</i>	A slight hesitation in the performance	Long pauses before or after elements	A fall or breakdown interrupting the flow
Expression 0.3			
Emotion <i>Ability to project a personal identity</i>	Personal identity lost once or twice in the routine	Most of the routine does not show any ability to project an identity	No attempt to project a personal identity
Partnership 0.6			
Symmetry <i>A well- matched partnership in terms of morphology and maturity</i>	Slight mis-match in morphology and maturity of partners	Significant mis-match in morphology and maturity of partners	Inappropriate partnership
Manner <i>An understandable relationship maintained throughout the exercise and projecting to the audience.</i>	Once or twice losing the relationship between partners	Losing the relationship several times during the routine	No visible relationship between the partners in the choreography
Total deductions			
Final A score			



National Development Plan 8

Tables of Difficulty

Produced by:
Acrobatic Technical Committee

Acrobatic Gymnastics

1 Clarification on Shapes and Positions

One of the purposes of the National Development Plan is to show the development route for the gymnasts and partnerships, shapes and positions have a substantial role in this. It is not always clear when and if shapes and positions are deductible, therefore the following descriptions aim to clarify some of the key acrobatic shapes and positions.

The figures in the NDP Tables of Difficulty are for illustration purposes and do not always show the correct technical shapes and positions. For example, many shapes and positions are shown with a slightly arched back, this is to highlight which way the gymnast is facing, rather than to demonstrate the correct shape or position.










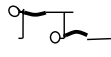
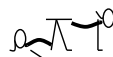



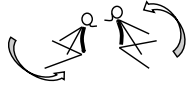












1.1 Description for common shapes and positions

1. **Top stance** – The whole body should be fully extended, flat stomach, shoulders down and body vertical, unless in a counter balance or supported balance. In general the arm position is optional, as long as the rest of body position is not broken.
2. **Base stance** – Same as the Top.
3. **Short arm holds** – All short arm holds should be performed with the Base's hands free of the shoulders.
4. **Long arm holds** – When supporting on long arm(s) shoulder(s) should also be fully extended.
5. **Stand on thighs**
 - When supporting the partner the upper body should be flat and vertical. There should be no leaning of the Base's upper body towards the partner irrespective of whether the Base is holding the partner by the hands or not.
 - In a counterbalance the body should be flat and leaning backward. The lean should be proportional to the amount of counterbalance.
6. **Handstand** – The shoulders and hips should be fully extended with the upper body flat and vertical.
7. **Half lever** – The upper body should be flat and vertical with the leg raised horizontal or just above.
8. **Straddle lever** – The upper body should be flat with the hips near the arms but without touching them and the legs raised horizontal or slightly above.
9. **Russian lever** – The legs should be at least vertical whether together or apart and the upper body flat with a slight slant backwards.
10. **Planche** – The body should aim to be horizontal and fully extended from the shoulders to the feet. A slight hyperextension of hips is accepted. If the position is 45 degrees or more above the horizontal the element is not recognised a planche.
11. **Flag** – The arch in hips and spine is strictly sideways. The legs should be horizontal or slightly below. If the legs are split both feet are to be levelled at or slightly below the hip level.
12. **Crocodile** – The body should be arched with the head and feet at the same level and clearly above the hips.
13. **One arm handstand** – The supporting arm should be vertical with the whole body tilted off the vertical around the supporting shoulder without changing its geometrical shape. The legs can be together or apart but it is recommended when the legs are apart that the right leg and left arm are horizontal and the left leg approximately 30 degrees off the vertical (if supported on right arm).




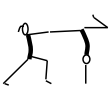














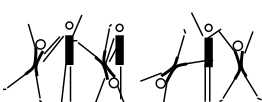
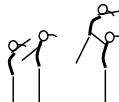


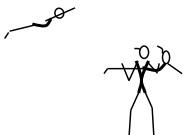




14. **Mexican:** There are two versions
 - Version 1 – A smooth curve involving the shoulders, spine and hips. The legs should be horizontal.
 - Version 2 – The shoulder is not involved in the curve, but should be above the hands. The legs should be horizontal.
15. **Goofus/Yogi** – Whether on two arms or one arm, the arms must be vertical and hips flexed to ensure that the legs are horizontal and the shoulders must be hyperextended with the head pushed forwards.
16. **Back angel** – The whole body should be in a continuous controlled arch position from the feet to the head. It is preferable for the shoulders and arms to also be included in the curve so that the curve ends at the hands.
17. **Front angel** – This is similar to back angel. The shoulders and the feet should be at the same height and a clear curve must be shown, the higher the better.
18. **Straight salto shape** – In a straight salto the hips and knees should be extended to 180* degrees with the upper body flat. A dished shape means that the shoulders are too rounded and head is to the chest, which leads to the jump being “cut-off”, decreasing the rotation momentum and over time resulting in problems with the salto. An arched shape (slight hyperextension of the hips) at “take-off” is good providing the upper body remains flat.
19. **Platform or cradle** – The upper body should be flat and upright. During the throw and catch, there should be no lean of the Base’s torsos into each other.
20. **Hurdle step** – This is a common approach used for elements such as handspring and round off. The shoulders must be fully extended and remain like this until the hands touch the floor.
21. **Handstand full turn** – The body should be fully extended. The turn should be on the spot with the hands stepping on the 4 corners of the square with the body staying in the middle.

These are just a few examples for the most popular elements, but the principles they illustrate should be used in all elements to benefit the gymnasts’ development.





























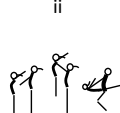





Grade 1 Pairs			
	1	2	3
A	Top is in front support with ankles resting on Base's shoulders. Base's arm position is optional.	(i) & (ii) Top in supported balanced headstand. Base's arms can be bent when supporting the Top in headstand.	Top in a balanced handstand with the Base providing minimal support. Base should have straight arms.
B	(i) & (ii) Top and Base can face inwards or outwards in the counterbalance. The grip in the counterbalance can be hands or wrists but the Base and Top should have straight arms.	The grip in the counterbalance can be hands or wrists but the Base and Top should have straight arms.	(i) & (ii) Top stands supported on Base's thighs. The Base may support the Top with one or two hands. The arms of the Base may be bent. The Top should not make contact with the Base's body.
C	(i) Top in front support supported by the Base at the ankle. Base should have straight arms. (ii) Top in front support with feet/ ankles of the knees of the Base. Base has knees together.	(i) Top in front support with hands on Base's legs below the knee. Base supports the Top's legs below the Top's knee. Base and Top should have straight arms. (ii) Top in front support with hands on Base's knees. Base may support one or both legs of the Top with one or both hands. Base and Top should have straight arms.	Top in an off-balance position supported on the middle/lower back by the Base's feet.
D	Base and Top should be back to back at the start, each completes a full circle. Finishing where they started.	Base in an arch. Top reaches both hands over the waist of the Base and forward rolls.	Base in dish. Top cartwheels over the waist of the Base, with one hand either side.
E	Top in a straight jump supported by the Base. The Base's arms may bend during the lift but the Tops arms are straight.	Top forward rolls to stand supported by the Base.	Top forward rolls to a straight jump supported by the Base.
Flex	(i) Back straight, legs wide, toes pointed, arms free.	(ii) Legs wide and straight with back of knees pressed to the floor, toes pointed, back and head in a straight line.	(iii) Legs together and straight with back of knees pressed to the floor, toes pointed, back should remain as flat as possible.
Stand	(i) Shoulders over hands, straight line from head to toe. Toes tucked under.	(ii) Fingers facing away from toes, hips lifted to give a straight body position from head to toe. Toes pointed.	(iii) In straddle sit position, hands on floor at or in front of the knees, legs are lifted clear of the floor. Legs should remain straight and extended. (iv) Tuck-sit may be held freely or supported with hands on the floor, fingers facing forwards.
Agility / Tumble	(i) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The straddle sit is upright with a straight back. (ii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The jump should be straight and to 2 feet.	(iii) Forward roll should be made from and finish on 2 feet, the hands touch the floor only at the start. (iv) Backward roll should be made from 2 feet and the hands touch the floor only at the start. The jump should be straight and to 2 feet.	(v) Backward roll should be made from 2 feet and the hands touch the floor only at the start. The straddle stand may be in piked or upright. (vi) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The 180° straight jump should be to 2 feet and completed before landing.

Grade 1 Pairs			
	1	2	3
A		i  ii 	
B	i  ii  counterbalance	 counterbalance	i  ii 
C	i  ii 	i  ii 	
D	 teddy bear roll		
E		  	 
Flex	i  Straddle sit	ii  Japan	iii Pike fold
Stand	i  Front support 2"	ii  Back support 2"	iii Straddle sit with leg lift 2" iv Tuck sit 2"
Agility / Tumble	i Forward roll to straddle sit ii Forward roll straight jump	iii Forward roll to stand iv Backward roll straight jump	v Backward roll to straddle stand vi Forward roll 180° jump


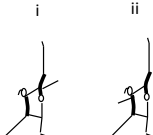
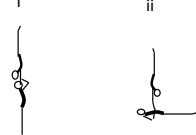

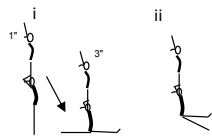
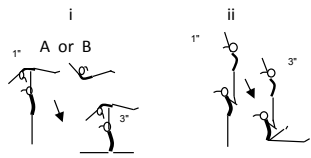
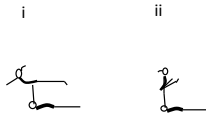
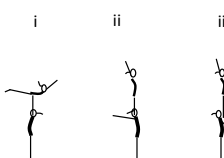
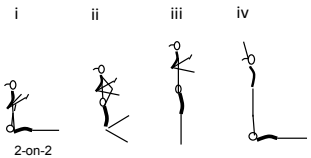
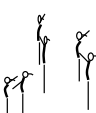

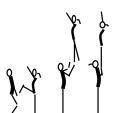
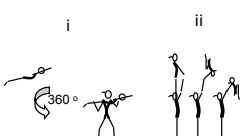
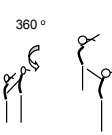
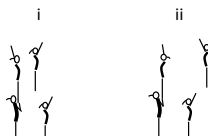
Grade 2 Pairs			
	1	2	3
A	Top in a balanced handstand with the Base providing minimal support. Base should have straight arms.	Top should be in a balanced handstand with the Base providing minimal support. Base's arms may be bent or straight.	(i) Top in a supported shoulder stand on the Base's hands. Top provides additional support by holding onto the Base's knees. (ii) Base supports the heel of the Top's straight leg in the stag handstand.
B	(i) & (ii) Top stands supported on Base's thighs. The Base may support the Top with one or two hands. The arms of the Base may be bent. The Top should not make contact with the Base's body.	(i) & (ii) Top stands on Base's thighs. Base may support the Top with one or two hands, the grip in the counterbalance can be hands or wrists. The arms of the Base and Top should be fully extended and form a continuous line, but may be crossed. The Top should not make contact with the Base's body.	(i) & (ii) Top stands on Base's thighs. Base may support the Top with one or two hands, the grip in the counterbalance can be hands or wrists. The arms of the Base and Top should be fully extended and form a continuous line, but may be crossed. The Top should not make contact with the Base's body.
C	(i) Top in an off-balance position supported on the middle/lower back by the Base's feet. (ii) & (iii) Base may support the Top with one or two hands. The arms of the Base may be bent. Top should be standing on one foot, in balance, on the thigh of the Base.	(i) & (ii) Top stands on one foot, in balance, on the thigh of the Base. Base may support the Top with one or two hands, grip is optional. The arms of both Base and Top should be fully extended.	(i) Supported front angel on Base's feet. Base supports Top by the hands, grip is optional. (ii) Supported back angel on Base's feet. Base supports Top by the arms/wrists, grip is optional.
D	Base in dish. Top cartwheels over the waist of the Base, with one hand either side.	Base supports the Top's waist throughout the cartwheel.	Base supports the Top at the waist for a jump, the shape of the Top is optional. The hips of the Top should reach the Base's shoulder height as a minimum. The Base may release and re-catch the Top but is not required to do so.
E	Top forward rolls to a straight jump supported by the Base.	Top leapfrogs over the Base. Base may face either direction but should have straight legs. Top's Legs should reach horizontal in the flight phase.	Top jumps from two feet into the Base's arms. Jump can be from a run up or standing. The catch should be no lower than the waist of the Base.
Flex	(i) Legs together and straight with back of knees pressed to the floor, toes pointed, back should remain as flat as possible.	(ii) Shoulders pushed past the hands which are shoulder width apart and straight. Legs straight, feet flat on floor and legs together.	(iii) The supporting leg in the bridge may be bent or straight and the position of the free leg is optional.
Stand	(i) In straddle sit position, hands on floor at or in front of the knees, legs are lifted clear of the floor. Legs should remain straight and extended. (ii) Tuck-sit may be held freely or supported with hands on the floor, fingers facing forwards.	(iii) Shoulder stand should achieve a straight body line. (iv) V-sit may be held freely or supported with hands on the floor, fingers facing forwards.	(v) In all one foot stands the support leg must be straight and hips square.
Agility / Tumble	(i) Backward roll should be made from 2 feet and the hands touch the floor only at the start. The straddle stand may be in piked or upright. (ii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The 180° straight jump should be to 2 feet and completed before landing.	(iii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The straddle stand may be in piked or upright. (iv) Backward roll should be made from and finish on 2 feet, the hands touch the floor only at the start. The stand should be with feet together. (v) The tumble should be smooth and continuous without additional steps.	(vi) Backward roll should be made from and finish on 2 feet, the hands touch the floor only at the start. The legs should be straight throughout. (vii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The roll should pass through Japan without stopping. (viii) The tumble should be smooth and continuous without additional steps.

Grade 2 Pairs			
	1	2	3
A			i  ii 
B	i  ii 	i  ii  counterbalance	i  ii  counterbalance
C	i  ii  iii 	i  ii 	i  ii 
D			
E			
Flex	I Pike fold	ii  Bridge	ii  Bridge with one foot on the floor
Stand	i Straddle sit with leg lift 2" ii Tuck sit 2"	iii  Shoulder stand 2" iv  "V" sit	v Any one foot stand 2"
Agility / Tumble	i Backward roll to straddle stand ii Forward roll 180° jump	iii Forward roll to straddle stand iv Backward roll to stand v Cartwheel chasse cartwheel	vi Backward roll with straight legs to stand vii Forward roll straddle through to lie on front viii Forward roll jump to 1 leg cartwheel

Grade 3 Pairs			
	1	2	3
A	<p>(i) Top in a supported shoulder stand on the Base's hands. Top provides additional support by holding onto the Base's knees.</p> <p>(ii) Base supports the heel of the Top's straight leg in the stag handstand.</p>	<p>(i) Top in a supported handstand with hands on the ankles of the Base. Base supports the Top's bent knee with one or two hands.</p> <p>(ii) Top in supported 2-on-1 handstand on the thigh of the Base at waist. The Base may bend the arms in the support to ensure the handstand is in balance.</p>	<p>(i) Top in supported 2-on-1 handstand on the thigh of the Base. The Base may bend the arms in the support to ensure the handstand is in balance.</p> <p>(ii) Top in shoulder stand on the hands of the Base, using the arms of the Base for additional support.</p> <p>(iii) Top in supported handstand on the thighs of the Base. The Base may bend the arms in the support to ensure the handstand is in balance.</p>
B	<p>(i) & (ii) Top stands on Base's thighs. Base may support the Top with one or two hands, grip is optional. The arms of the Base and Top should be fully extended and form a continuous line, but may be crossed. The Top should not make contact with the Base's body.</p>	<p>(i) Top stands on the Base's thighs supported by the Base at the waist.</p> <p>(ii) Top in a supported stand on the Base's shoulders.</p>	<p>(i) Top stands freely on Base's thighs. The Top should not make contact with the Base's body.</p> <p>(ii) Top stands on bent arm support of Base. Arms of Base should be vertical and not leaning against the body.</p> <p>(iii) Top in a supported stand on the Base's shoulders.</p>
C	<p>(i) Supported front angel on Base's feet. Base supports Top by the hands, grip is optional.</p> <p>(ii) Supported back angel on Base's feet. Base supports Top by the arms/wrists, grip is optional.</p>	<p>(i) Front angel on Base's feet.</p> <p>(ii) Back angel position on Base's feet.</p>	<p>(i) Top in front angel on long arm support of the Base.</p> <p>(ii) Top in lever on long arm support of the Base.</p>
D	<p>Base supports the Top at the waist for a jump, the shape of the Top is optional. The hips of the Top should reach the Base's shoulder height as a minimum. The Base can release and re-catch the Top but is not required to do so.</p>	<p>Top backward rolls to a straight jump supported by the Base.</p>	<p>Base supports the Top at the waist for two jumps performed in immediate succession. The shape of the Top is optional. The hips of the Top should reach the Base's shoulder height as a minimum. The Base may release and re-catch the Top but is not required to do so.</p>
E	<p>(i) Top jumps from two feet into the Base's arms. Jump can be from a run up or standing. The catch should be no lower than the waist of the Base.</p> <p>(ii) Base lifts the Top to wrap. Legs of the Top must be straight in the catch.</p>	<p>Top in a 180° jump from two feet into the Base's arms. Jump can be from a run up or standing. The catch should be no lower than the waist of the Base and the twist must be completed before the catch.</p>	<p>(i) Top in a 360° jump from two feet into the Base's arms. Jump can be from a run up or standing. The catch should be no lower than the waist of the Base and the twist must be completed before the catch.</p> <p>(ii) Supported tuck/pike front salto dismount from standing on shoulders. There should be a clear upward jump from the Top before landing.</p>
Flex	<p>(i) The supporting leg in the bridge may be bent or straight and the position of the free leg is optional.</p>	<p>(ii) Any splits can be performed. The hips should be square to the front and in box splits the knees should be facing the ceiling.</p> <p>(iii) From standing with feet together drop back to bridge. No readjustment of hands or feet should be made to achieve the bridge.</p>	<p>(iv) (v) & (vi) Walkovers and valdez can be performed either by passing through straight handstand or through split handstand at the midpoint. In all cases the legs should show 180° split with straight legs at some point.</p>
Stand	<p>(i) In all one foot stands the support leg must be straight and hips square.</p>	<p>(ii) In headstand the weight should be distributed evenly between the hands and the front of the head. The line of the body should be straight with the knees tucked in.</p> <p>(iii) The tuck lever should have a straight back with the hips between the arms and knees lifted in front of the body.</p>	<p>(iv) In headstand the weight should be distributed evenly between the hands and the front of the head. The line of the body should be straight and the legs vertical.</p> <p>(v) & (vi) Straddle lever and pike lever should have a straight back with the legs straight and heels lifted above horizontal.</p>
Agility / Tumble	<p>(i) Backward roll should be made from and finish on 2 feet, the hands touch the floor only at the start. The legs should be straight throughout.</p> <p>(ii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The roll should pass through Japan without stopping.</p> <p>(iii) The tumble should be smooth and continuous without additional steps.</p>	<p>(iv) Handstand must hold for a moment before the roll. The arms may be bent or straight on entering the roll.</p> <p>(v) The 1 arm cartwheel may use either the first or second hand to lead. The finish position is optional.</p> <p>(vi) & (vii) The tumble should be smooth and continuous without additional steps.</p>	<p>(viii) Handstand must hold for a moment following the roll.</p> <p>(ix) Flic may come from another element or from standing.</p> <p>(x) Dive roll must show good flight and roll smoothly to finish.</p> <p>(xi) & (xii) The tumble should be smooth and continuous without additional steps.</p>

Grade 3 Pairs			
	1	2	3
A	 	 	  
B	  <p>counterbalance</p>	 	  
C	 	 	 
D	 	 	   <p>x2</p>
E	 	  <p>180°</p>	  <p>360°</p>
Flex	 <p>i Bridge with one foot on the floor</p>	<p>ii Any splits</p> <p>iii From standing drop back to bridge.</p>	<p>iv Backward walkover</p> <p>v Forward walkover</p> <p>vi Valdez</p>
Stand	<p>i One foot stand 2"</p>	<p>ii Bent leg headstand 2"</p> <p>iii Tuck half lever 2"</p>	<p>iv Headstand 2"</p> <p>v Half lever</p> <p>vi Straddle lever 2"</p>
Agility / Tumble	<p>i Backward roll with straight legs to stand</p> <p>ii Forward roll straddle through to lie on front</p> <p>iii Forward roll jump to 1 leg cartwheel</p>	<p>iv Handstand forward roll to stand</p> <p>v One arm cartwheel</p> <p>vi Cartwheel, chasse step, round off, straight jump</p> <p>vii Round off, stretch jump, backward roll</p>	<p>viii Backward roll to handstand</p> <p>ix flic walkout</p> <p>x Dive Roll</p> <p>xi Round off, 1/2 turn, cartwheel</p> <p>xii Round off, 1/2 turn round off</p>

Grade 4 Pairs			
	1	2	3
A	<p>(i) Top in supported 2-on-1 handstand on the thigh of the Base. The Base may bend the arms in the support to ensure the handstand is in balance.</p> <p>(ii) Top in shoulder stand on the hands of the Base, using the arms of the Base for additional support.</p> <p>(iii) Top in supported handstand on the thighs of the Base. The Base may bend the arms in the support to ensure the handstand is in balance.</p>	<p>(i) Top in supported 1 arm handstand on the thigh of the Base. The Base may bend the arms in the support to ensure the handstand is in balance.</p> <p>(ii) Top in 2-on-1 handstand on the thigh of the Base supported by 1 arm. The Base may bend the arms in the support to ensure the handstand is in balance.</p>	<p>(i) Top in handstand on shoulders of the Base, who supports the arms of the Top. This support must not be on the shoulders of the Top.</p> <p>(ii) Top in handstand on bent arm support of Base. Arms of Base should be vertical and not leaning against the body.</p>
B	<p>(i) Top stands freely on Base's thighs. The Top should not make contact with the Base's body.</p> <p>(ii) Top stands on bent arm support of Base. Arms of the Base should be vertical and not leaning against the body.</p> <p>(ii) Top in a supported stand on the Base's shoulders.</p>	<p>(i) Top stands on shoulders of Base for 1" before the Base motions to splits and holds for 3".</p> <p>(ii) Top stands on shoulders of Base for 1" before the Base motions to straddle sit and holds for 3".</p>	<p>(i) Top in angel for 1" before the Base motions to splits and holds the final position for 3" .</p> <p>(ii) Top standing in hands of Base for 1" before the Base motions to straddle sit and holds for 3".</p>
C	<p>(i) Top in front angel on long arm support of the Base.</p> <p>(ii) Top in lever on long arm support of the Base.</p>	<p>(i) Top in front angel on long arm support of the Base.</p> <p>(ii) Top stands freely on shoulders of the Base.</p> <p>(iii) Top stands in bent arm support of the Base.</p>	<p>(i) Top in 2-on-2 straddle lever on arms of Base.</p> <p>(ii) Top in lever with one hand on the head of the Base and the other in hand support.</p> <p>(iii) Top in lever on long arm support of the Base.</p> <p>(iv) Top stands in long arm support of the Base.</p>
D	<p>Base supports the Top at the waist for two vertical jumps performed in immediate succession. The shape of the Top is optional. The hips of the Top should reach the Base's shoulder height as a minimum. The Base can release and re-catch the Top but is not required to do so.</p>	<p>Base pitches Top for a straight jump . The feet of the Top should reach the shoulder height of the Base.</p>	<p>Base pitches the Top for a straight jump to catch in hands. The feet of the Top should go above the Base's shoulder height before the catch.</p>
E	<p>(i) Top in a 360° jump from two feet into the Base's arms. Jump can be from a run up or standing. The catch should be no lower than the waist of the Base and the twist must be completed before the catch.</p> <p>(ii) Supported tuck/pike front salto dismount from standing on shoulders. There should be a clear upward jump from the Top before landing.</p>	<p>Base supports the Top at the waist for a 360° jump. The hips of the Top should reach the Base's shoulder height as a minimum. The Base should release and re-catch the Top.</p>	<p>(i) & (ii) Top in a straight jump dismount forwards or backwards from standing in the Bases hands.</p>
Flex	<p>(i) (ii) & (iii) Walkovers and valdez can be performed either by passing through straight handstand or through split handstand at the midpoint. In all cases the legs should show 180° split with straight legs at some point.</p>	<p>(iv) Change of the legs should be with both legs moving and should occur at the height of the element.</p> <p>(v) & (vi) The 1 arm walkover should be straight and controlled with the body square to the direction of travel.</p>	<p>(vii) & (viii) The foot must go through the arms rather than sliding to splits.</p> <p>(ix) The 360° rotation should be finished before landing, which may be to back support or to sitting.</p> <p>(x) Jump to splits must show a clear 360° jump and the legs move simultaneously to splits.</p> <p>(xi) valdez on 1 arm can be performed either by passing through straight handstand or through split handstand at the midpoint.</p>
Stand	<p>(i) In headstand the weight should be distributed evenly between the hands and the front of the head. The line of the body should be straight and the legs vertical.</p> <p>(ii) & (iii) Straddle lever and pike lever should have a straight back with the legs straight and heels lifted above horizontal.</p>	<p>(iv) Handstand must hold for a moment before the rotation begins and should finish before the exit phase.</p> <p>(v) The lifted leg should be straight and in line with the facing direction of the body.</p>	<p>(vi) Handstand should be held for a moment before the 360° rotation and held for a moment of stillness at the end of the rotation.</p> <p>(vii) Chest may be performed with forearms or hands on the floor. The leg position is optional.</p>
Agility / Tumble	<p>(i) Handstand must hold for a moment following the roll.</p> <p>(ii) Flip may come from another element or from standing.</p> <p>(iii) Dive roll must show good flight and roll smoothly to finish.</p> <p>(iv) & (v) The tumble should be smooth and continuous without additional steps.</p>	<p>(vi) Element should show flight and a controlled landing.</p> <p>(vii) Flip may come from another element or from standing.</p> <p>(viii) & (ix) All elements should show flight and a controlled landing.</p> <p>(x) The tumble should be smooth and continuous without additional steps.</p>	<p>(xi) (xii) (xiii) (xiv) (xv) & (xvi) All elements should show flight and a controlled landing.</p> <p>(xiii) In the hecht dive roll an open (swallow) position must be shown in flight.</p>




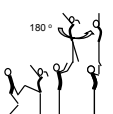



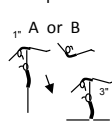
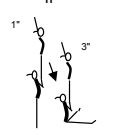
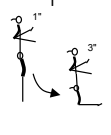
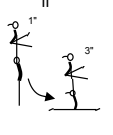
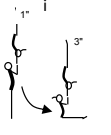
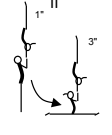



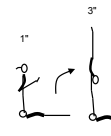

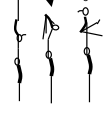
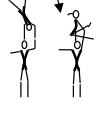

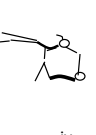

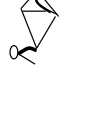




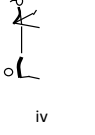
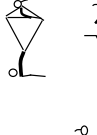
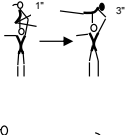
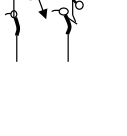
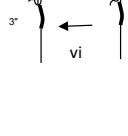
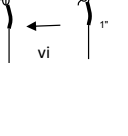



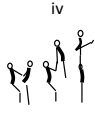

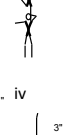

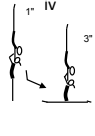
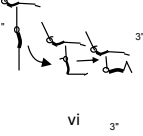
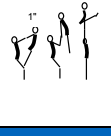
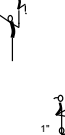
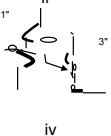
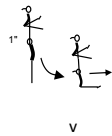
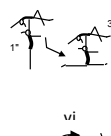

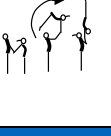
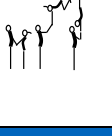
Grade 4 Pairs			
	1	2	3
A			
B			
C			
D			
E			
Flex	i Backward walkover ii Forward walkover iii Valdez	iv Change leg walkover v One hand forward walkover vi One hand back walkover	vii Back walkover to any splits viii Forward elbow walkover to any splits ix Healy turn x 360° jump to splits xi One hand valdez
Stand	i Headstand 2" ii Half lever 2" iii Straddle lever 2"	iv Handstand 180° turn v Wine glass 2"	vi Handstand 360° turn vii Chest balance
Agility / Tumble	i Backward roll to handstand ii flic walkout iii Dive Roll iv Round off, 1/2 turn, cartwheel v Round off, 1/2 turn round off	vi Headspring to stand vii Fick to knee viii Handspring ix Fly spring x Round off, flic	xi Free cartwheel xii Headspring 180° turn to front support xiii Hecht jump roll xiv 2 handsprings xv Round off 2 flics xvi Handspring to one, round off flic

Grade 5 Pairs Balance			
	<u>Requirements & Restrictions</u> An unsupported handstand (3") chosen from the NDP8 Tables of Difficulty must be included		
	1	2	3
A	(i) Top in handstand on shoulders of the Base, who supports the arms of the Top. This support must not be on the shoulders of the Top. (ii) Top in handstand on bent arm support of Base. Arms of Base should be vertical and not leaning against the body.	(i) Top in a short arm handstand on the Base's hands. The hands of the Base should be free of the shoulders. (ii) Base pitches the Top through 180° to stand in long arm support of the Base. There is no release in this element, as the Top rotates in the hand of the Base.	(i) Top stands in hands of the Base on long arm support. (ii) Top in a long arm handstand on the Base. (iii) Top in handstand with one hand on the head and one in hand-to-hand.
B	(i) Top in angel for 1" before the Base motions to splits and holds the final position for 3" . (ii) Top standing in hands of Base for 1" before the Base motions to straddle sit and holds for 3".	(i) & (ii) Top in lever on long arm support of the Base for 1" before the Base motion to sitting or splits and holds for 3".	(i) & (ii) Top in short arm handstand for 1" before the Base motions to sitting or splits and holds for 3".
C	(i) Top in 2-on-2 straddle lever on long arm support of the Base. (ii) Top in lever with one hand on the head of the Base and the other in hand support. (iii) Top in lever on long arm support of the Base.	(i) Top in lever on long arm support of the Base for 1", before the Top levers up to handstand and holds for 3". (ii) Top in 2-on-2 straddle lever on long arm support of the Base.	(i) Top in long arm handstand for 1" before the Top levers down to straddle lever and holds for 3". (ii) Top in handstand on head and hand for 1" before the Top levers down to straddle lever and holds for 3".
D	(i) Top in lever on the Base's feet. (ii) Top in crocodile with one hand on the knee of the Base and the other in the Base's hand. (iii) Top in crocodile on long arm support of the Base. (iv) Top in japana on the Base's feet.	(i) Base in shoulder stand supporting the back with the hands. Top in lever on the Base's feet. (ii) Top in crocodile on long arm support of the Base. (iii) Top in crocodile with one hand on the head of the Base and the other in the Base's hand. (iv) Base in shoulder stand supporting the back with the hands. Top in japana on the Base's feet.	(i) Base in shoulder stand with arms on the floor. Top in lever on the Base's feet. (ii) Base in shoulder stand with arms on the floor. Top in japana on the Base's feet. (iii) Top in straddle lever on head and hand for 1" before the Top motions to short arm crocodile and holds for 3". (iv) Top in straddle lever on long arm support of the Base for 1" before the Top and Base motion simultaneously to short arm handstand and hold for 3". (v) Top in straddle lever on long arm support of the Base for 1" before the Top motions to crocodile and holds for 3". (vi) Top in crocodile on long arm support of the Base for 1" before the Top motions to straddle lever and holds for 3".
E	(i) Top stands in long arm support of the Base. (ii) Top in one foot stand on onthe shoulder of the Base. The Top's free leg lifted in front. (iii) Top in one foot stand on onthe shoulder of the Base. The Top's free leg should be straight and lifted out behind. (iv) Base and Top jump into reverse lever.	(i) Top in full arabesque on Base's shoulder with the Base supporting the lower leg of the Top. (ii) Top in wineglass on Base's shoulder with the Base supporting the lower leg of the Top. (iii) Top in back angel on one- Arm support of Base. (vi) Top in handstand on shoulders of Base for 1" before the Base motions to splits and holds for 3". (v) Top in angel on long arm support of the Base for 1" before the Base motion to sit and then to lying and holds for 3". (vii) Base and Top hold counter balanced stand on knees for 1" before the Base lifts the Top to long arm as the Top motions to pike hold 3".	(i) Top in one foot stand on on one hand of Base in short arm hold. The Top's free leg lifted in front. (ii) Top in handstand in short arm handstand on Base's hand for 1" before the Base motions to lying down and holds for 3". (iii) Top in lever on long arm support of the Base for 1" before the Base motions through sitting to lying and holds for 3" . (iv) Top in angel on long arm support of the Base for 1" before the Base motions to splits and holds for 3". (v) Top 'pings' off the Base's leg to straddle lever on long arm support of the Base. (vi) Base and Top reverse through to short arm handstand. Top's legs may be straight or tucked in the entry to the handstand. (vii) Base and Top jump into reverse handstand. Top's legs may be straight or tucked in the entry to the handstand.
Three Category 1 elements MUST be included one from each section (static, flexibility and agility) of the FIG Tables of Difficulty. Minimum difficulty 1 and maximum difficulty 10.			

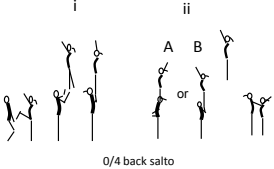
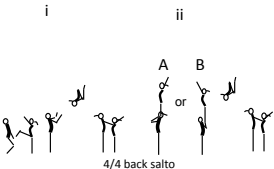
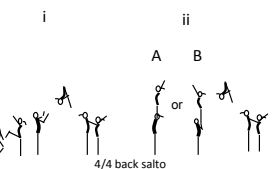
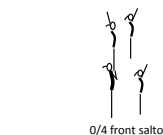
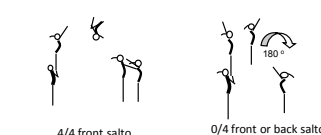
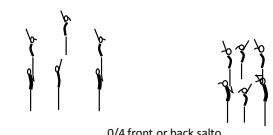


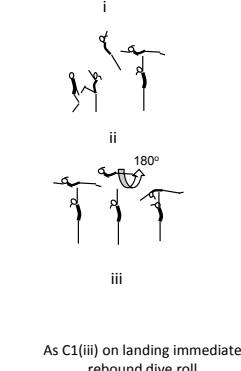

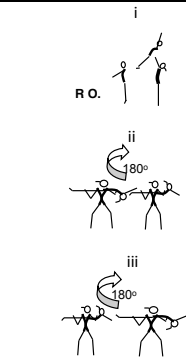
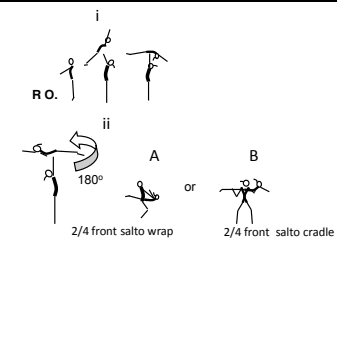
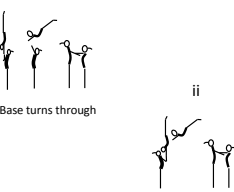
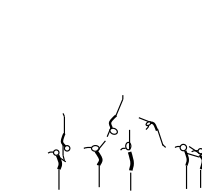
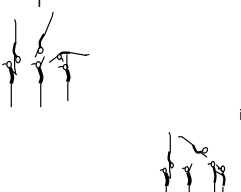
Grade 5 Pairs Balance

Requirements & Restrictions

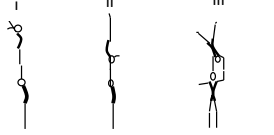

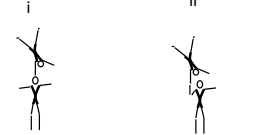
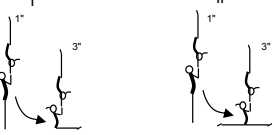
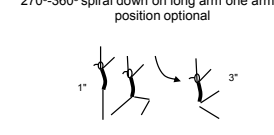
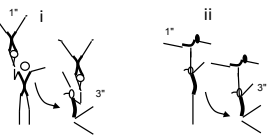
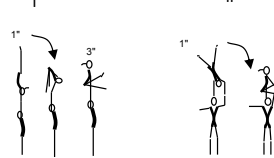
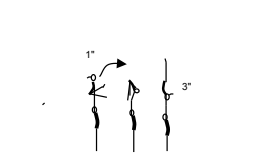
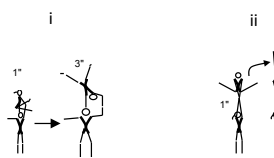
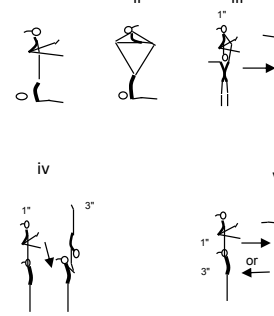
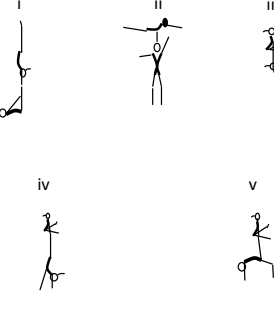
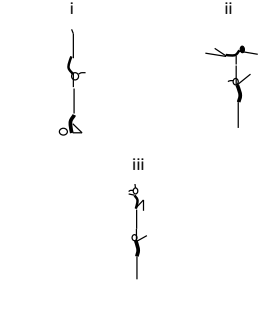
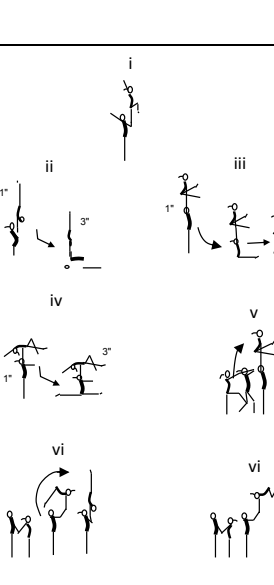
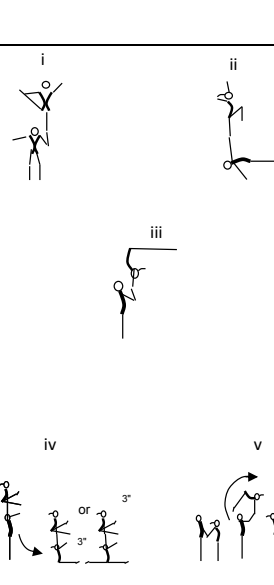
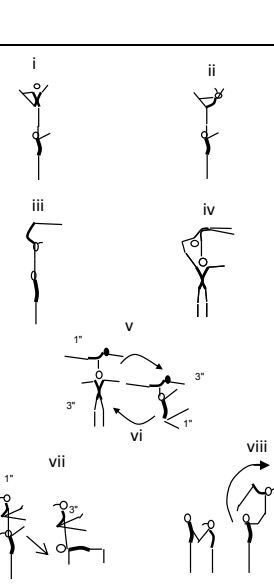
An unsupported handstand (3") chosen from the NDP8 Tables of Difficulty must be included

	1	2	3
A	 	 	  
B	 	 	 
C	  	 	 
D	   	   	     
E	   	     	      
<p>Three Category 1 elements MUST be included one from each section (static, flexibility and agility) of the FIG Tables of Difficulty. Minimum difficulty 1 and maximum difficulty 10.</p>			

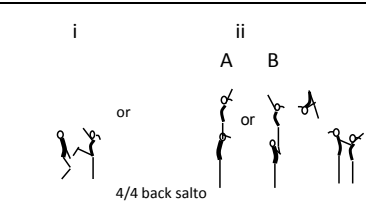
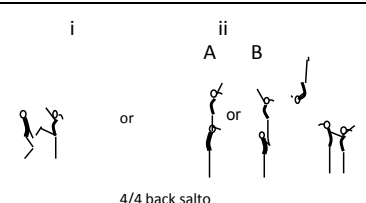
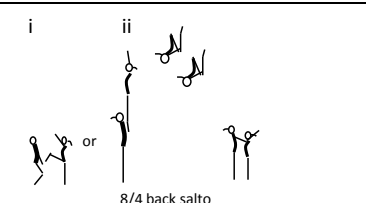
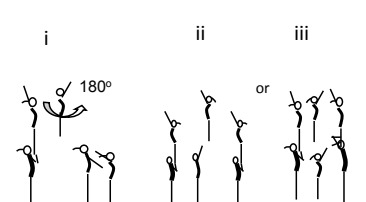
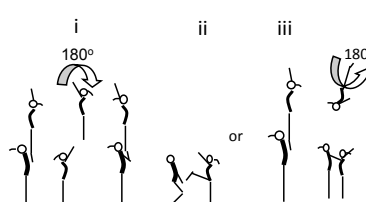
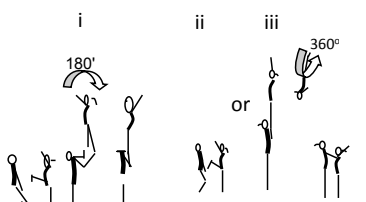
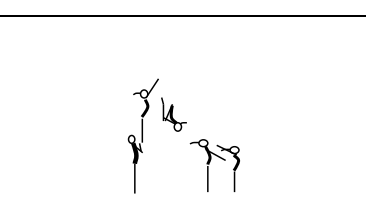
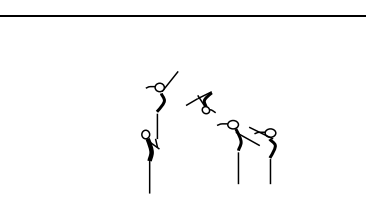
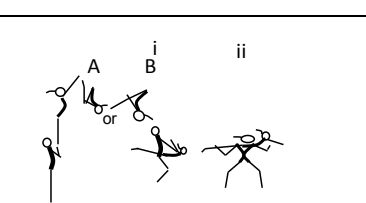
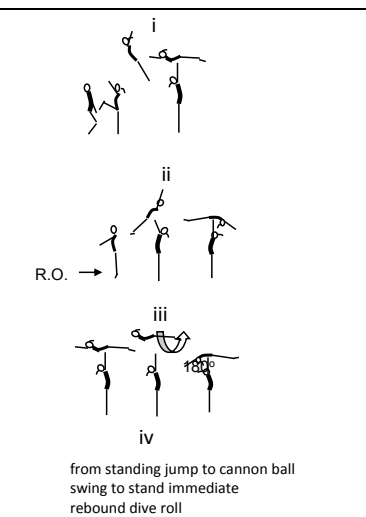
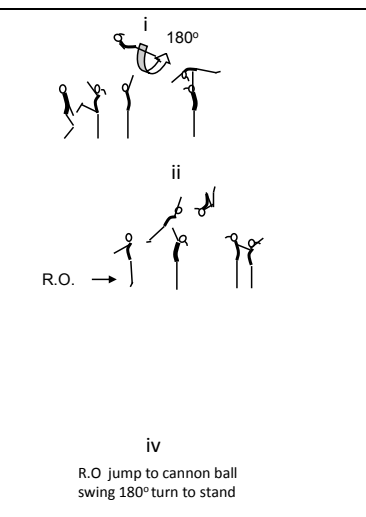
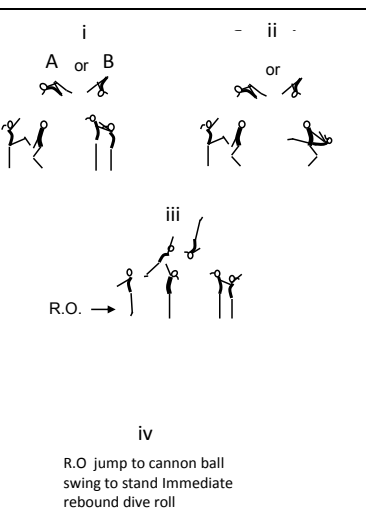
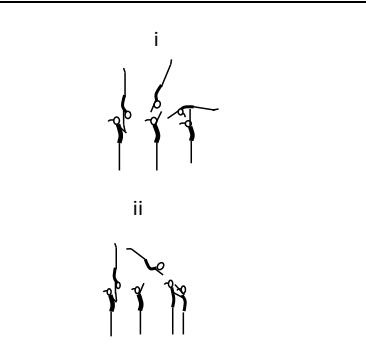
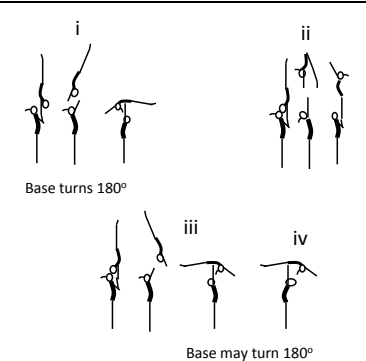
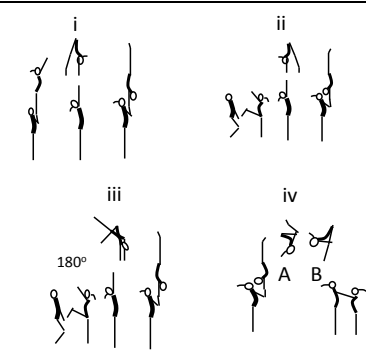
Grade 5 Pairs Dynamic			
	Requirements & Restrictions A forwards and backwards group element must be included		
	1	2	3
A	<p>(i) Base pitches the Top for a straight jump to catch in hands. The feet of the Top should go above the bases shoulder height before the catch.</p> <p>(ii) Base throws Top for a straight jump dismount from standing on shoulders or standing in hands.</p>	<p>(i) Base pitches the Top for a tuck back salto.</p> <p>(ii) Base throws Top for a tuck back salto dismount from standing on shoulders or standing in hands.</p>	<p>(i) Base pitches the Top for a pike back salto.</p> <p>(ii) Base throws Top for a pike back salto dismount from standing on shoulders or standing in hands.</p>
B	<p>Top in a straight jump dismount forwards from standing in the Bases hands.</p>	<p>(i) Base throws Top for a tuck front salto dismount from standing in hands.</p> <p>(ii) Base throws Top for a forwards or backwards 180°-twisting jump dismount from standing in hands.</p>	<p>(i) Base throws Top for a straight jump from hands to re-catch in the hands.</p> <p>(ii) Base throws Top for a straight jump from hands to re-catch on shoulders.</p>
C	<p>(i) From front angel, Base throws the Top who performs a back 1/4 straight salto dismount.</p> <p>(ii) Base boosts the Top to catch wrap. Legs of the Top must be straight in the catch. This should be clearly seen to be an assisted jump, not a lift from the floor.</p> <p>(iii) Top stands with back to Base and jumps backward with 1/4 back salto to catch in tucked cannonball. Base swings the Top out to land on feet.</p>	<p>(i) Base boosts Top to catch in front angel. This should be clearly seen to be an assisted jump, not a lift from the floor.</p> <p>(ii) From back angel, Base throws the Top 2/4 front salto to catch in wrap. Legs of the Top must be straight in the wrap. The catch of the Top should be at the shoulder/upper arm.</p> <p>(iii) Top stands with back to Base and jumps backward with 1/4 back salto to catch in tucked cannonball. Base swings the Top out with 180° twist to land on feet.</p>	<p>(i) Base pitches Top to catch in front angel.</p> <p>(ii) From front angel, Base throws the Top through 180° twist to catch in back angel.</p> <p>(iii) Top stands with back to Base and jumps backward with 1/4 back salto to catch in tucked cannonball. Base swings the Top out to land on feet. Top immediately performs a dive roll.</p>
D	<p>Leg pitch boosted tucked back salto in tuck, pike or straight. The Base assists the Top by lifting under the raised straight leg of the Top. The Top starts with one hand free and the other on the shoulder of the Base. There must be a clear release in this element before being supported for the landing by the Base. The salto must be at or above the shoulder height of the Base.</p>	<p>(i) Top in a round-off and straight jump. The Base catches the jump at its highest point and controls the landing of the Top.</p> <p>(ii) From cradle (Top on back) the Base throws the Top for a 180° twist to recatch in cradle.</p> <p>(iii) From cradle (Top on front) the Base throws the Top for a 180° twist to recatch in cradle.</p>	<p>(i) Top in a round-off jump with a 1/4 straight back salto to land in back angel on hands of Base. This must not be merely a lift from the floor by the Base, the Top must be involved in the jump to back angel.</p> <p>(ii) From front angel the Base throws the Top for a 2/4 straight salto with 180° twist to wrap or to cradle.</p>
E	<p>(i) From short-arm handstand the base throws the Top for a 2/4 straight back salto dismount. Base makes a half turn to assist landing.</p> <p>(ii) From short-arm reverse handstand the base throws the Top or a 2/4 straight back salto dismount to the floor.</p>	<p>From short arm handstand the base throws the Top for a 2/4 straight front salto dismount.</p>	<p>(i) From short-arm handstand the Base throws the Top for a 1/4 straight front salto to back angel.</p> <p>(ii) From short-arm handstand the Base throws the Top for a 2/4 hecht salto dismount.</p>
	Three elements, minimum of value 1, from Category 2 of the FIG Tables of Difficulty MUST be included although will not count towards difficulty. Minimum difficulty 1 and maximum difficulty 12. N.B. A salto MUST be included.		

Grade 5 Pairs Dynamic			
Requirements & Restrictions A forwards and backwards group element must be included			
	1	2	3
A	 <p>0/4 back salto</p>	 <p>4/4 back salto</p>	 <p>4/4 back salto</p>
B	 <p>0/4 front salto</p>	 <p>4/4 front salto 0/4 front or back salto</p>	 <p>0/4 front or back salto</p>
C	 <p>must show release</p>	 <p>must show release</p>	 <p>As C1(iii) on landing immediate rebound dive roll.</p>
D			 <p>2/4 front salto wrap 2/4 front salto cradle</p>
E			
Three elements, minimum of value 1, from Category 2 of the FIG Tables of Difficulty MUST be included although will not count towards difficulty. Minimum difficulty 1 and maximum difficulty 12. N.B. A salto MUST be included.			









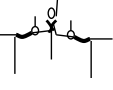














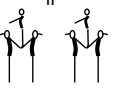








Grade 6 Pairs Balance			
Requirements & Restrictions			
An unsupported handstand (3") chosen from the NDP8 Tables of Difficulty must be included			
	1	2	3
A	(i) Top stands in hands of the Base on long arm support. (ii) Top in a long arm handstand on the Base. (iii) Top in handstand with one hand on the head and one in hand-to-hand.	(i) Top in 2-on-1 handstand on short arm of Base. (ii) Top in 1 arm handstand on head of Base.	(i) Top in 1 arm handstand on head of Base. (ii) Top in 1 arm handstand on short arm hold of Base.
B	(i) & (ii) Top in short arm handstand for 1" before the Base motions to sitting or splits and holds for 3".	Top in 1 arm on long arm support of Base for 1" before the Base spirals down to sitting and holds for 3". The Base must begin the descent at the same time as the beginning of the spiral. Top may be in any position of value from the FIG Code.	(i) Top in 2-on-1 handstand on short arm of Base for 1" before the Base motions down to sitting and holds for 3". (ii) Top in crocodile on long arm support of Base for 1" before the Base motions to sitting and holds for 3".
C	(i) Top in handstand on long arm support of Base for 1" before the Top levers down to straddle lever and holds for 3". (ii) Top in handstand on head and hand for 1" before the Top levers down to straddle lever and holds for 3".	Top in lever on long arm support of Base for 1" before the Top levers up to handstand and holds for 3".	(i) Top in lever on head and hand for 1" before the Top levers up to handstand and holds for 3". (ii) Top in 2-on-2 lever on long arm support of Base for 1" before Top levers up to 2-on-2 handstand and holds for 3".
D	(i) Base in shoulder stand with arms on the floor. Top in lever on the Base's feet. (ii) Base in shoulder stand with arms on the floor. Top in japana on the Base's feet. (iii) Top in straddle lever on head and hand for 1" before the Top motions to short arm crocodile and holds for 3". (iv) Top in straddle lever on long arms for 1" before the Top and Base motion simultaneously to short arm handstand and hold for 3". (v) Top in straddle lever on long arm support of Base for 1" before the Top motions to crocodile and holds for 3". (vi) Top in crocodile on long arm support of Base for 1" before Top motions to straddle lever and holds for 3".	(i) Base lies on the floor with legs raised and arm support legs. Top in handstand on feet of Base. (ii) Top in 1 arm crocodile on head of Base. (iii) Top in 2-on-1 straddle lever on long arm support of Base. (iv) Top in 2-on-1 straddle lever on foot of Base. (v) Top in 2-on-1 straddle lever on the raised foot of the Base.	(i) Base in supported shoulder stand. Top in handstand on the Base's feet. (ii) Top in 1 arm crocodile on long arm support of Base. (iii) Top in one foot stand on long arm support of Base. The Top's free leg lifted in front.
E	(i) Top in one foot stand on one hand of Base in short arm hold. The Top's free leg lifted in front. (ii) Top in handstand in short arm handstand on Bases hand for 1" before the Base motions to lying down and holds for 3". (iii) Top in lever on long arm support of the Base for 1" before the Base motions through sitting to lying and holds for 3". (iv) Top in angel on long arm support of the Base for 1" before the Base motions to splits and holds for 3". (v) Top 'pings' off the Base's leg to straddle lever on long arm support of the Base. (vi) Base and Top reverse through to short arm handstand. Tops legs may be straight or tucked in the entry to the handstand. (vii) Base and Top jump into reverse handstand. Tops legs may be straight or tucked in the entry to the handstand.	(i) Top in wineglass on one hand of Base in short arm hold. (ii) Top in one foot stand on long arm support of Base. The Top's free leg lifted in front. (iii) Top in mexican handstand on short arm support of Base. (iv) Top in 2-on1 straddle lever on long arm support of Base for 1" before the Base motions to sitting or splits and holds for 3". (v) Base and Top reverse through to short arm handstand with immediate push to long arm handstand.	(i) Top in wineglass on long arm support of Base. (ii) Top in arabesque on long arm support of Base. (iii) Top in mexican handstand on long arm support of Base. (iv) Top in flag handstand with one hand on the head of the Base and the other hand to hand. (v) Top in 1 arm crocodile on Base's head for 1" before the Base motions to sitting and holds for 3". (vi) Top in 1 arm crocodile on Base's head for 1" before the Base motions to standing and holds for 3". (vii) Top in 2-on-1 straddle lever on long arm support of Base for 1" before the Base motions to back support and holds for 3". (viii) Base and Top reverse through to long arm handstand.
Three Category 1 elements MUST be included one from each section (static, flexibility and agility) of the FIG Tables of Difficulty. Minimum difficulty 1 and maximum difficulty 10.			

Grade 6 Pairs Balance			
Requirements & Restrictions			
An unsupported handstand (3") chosen from the NDP8 Tables of Difficulty must be included			
	1	2	3
A			
B		<p>270°-360° spiral down on long arm one arm Top position optional</p> 	
C			
D			
E			
Three Category 1 elements MUST be included one from each section (static, flexibility and agility) of the FIG Tables of Difficulty. Minimum difficulty 1 and maximum difficulty 10.			













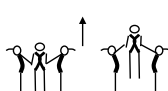
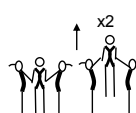
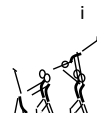
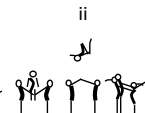

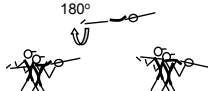
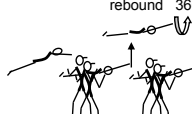

Grade 6 Pairs Dynamic			
	Requirements & Restrictions A forwards and backwards group element must be included		
	1	2	3
A	<p>(i) Base pitches the Top for a pike back salto.</p> <p>(ii) Base throws Top for a pike back salto dismount from standing on shoulders or standing in hands.</p>	<p>(i) Base pitches the Top for a straight back salto.</p> <p>(ii) Base throws Top for a straight back salto dismount from standing on shoulders or standing in hands.</p>	<p>(i) Base pitches the Top for a 8/4 (double) tuck back salto.</p> <p>(ii) Base throws Top for a 8/4 (double) tuck back salto dismount from standing in hands.</p>
B	<p>(i) Base throws Top for a front or back 180° twisting jump dismount from standing in hands.</p> <p>(ii) Base throws Top for a straight jump from hands to re-catch in the hands.</p> <p>(iii) Base throws Top for a straight jump from hands to re-catch on shoulders.</p>	<p>(i) Base throws Top for a front or back 180° twisting jump to re-catch in the hands of the Base.</p> <p>(ii) Base pitches the Top for a backward 180° twisting straight back salto.</p> <p>(iii) Base throws Top for a 180° twisting straight back salto dismount from standing in hands.</p>	<p>(i) Base pitches the Top for a 180° jump to catch in the Base's hands</p> <p>(ii) Base pitches the Top for a backward 360° twisting straight back salto.</p> <p>(iii) Base throws Top for a 360° twisting straight back salto dismount from standing in hands.</p>
C	Base throws Top for a tuck front salto dismount from standing in hands.	Base throws Top for a pike front salto dismount from standing in hands.	(i) & (ii) Base throws Top for a 5/4 tuck or pike front salto from standing in hands to catch in wrap or cradle
D	<p>(i) Base pitches Top to catch in front angel.</p> <p>(ii) Top in a round-off jump with a 1/4 straight back salto to land in back angel on hands of Base. This must not be merely a lift from the floor by the Base, the Top must be involved in the jump to back angel.</p> <p>(iii) From front angel, Base throws the Top through 180° twist to catch in back angel.</p> <p>(vi) Top stands with back to Base and jumps backward with 1/4 back salto to catch in tucked cannonball. Base swings the Top out to land on feet. Top immediately performs a dive roll.</p>	<p>(i) Base pitches Top forwards. Top in a 180° twist to catch in back angel on straight arms of Base.</p> <p>(ii) Top in a round-off tucked back salto over the head of the Base. This should travel over the head, not over the shoulder of the Base. Base makes a half turn to assist the landing.</p> <p>(iv) Round off, jump backwards with 1/4 back salto to catch in cannonball. Base swings the Top out with 180° twist to land on feet.</p>	<p>(i) & (ii) Base pitches Top forwards overhead for tuck or pike salto to land on floor or wrap. The wrap must be performed with straight legs. Base makes a half turn to catch the Top.</p> <p>(iii) Top in a round-off straight back salto over the head of the Base. This should travel over the head, not over the shoulder of the Base. Base makes a half turn to assist the landing.</p> <p>(iv) Round off, jump backwards with 1/4 back salto to catch in cannonball. Base swings the Top out to land on feet. Top immediately performs a dive roll.</p>
E	<p>(i) From short-arm handstand the Base throws the Top for a 1/4 straight front salto to back angel.</p> <p>(ii) From short-arm handstand the Base throws the Top for a 2/4 straight front salto (hecht) dismount.</p>	<p>(i) From short-arm handstand the Base throws the Top who performs a front 1/4 straight salto and is caught in back angel by the Base. The Base turns through 180° to catch.</p> <p>(ii) From short arm reverse handstand the Base throws the Top who performs a 2/4 backward salto (courbette) to re-catch in stand in hands of the Base.</p> <p>(iii) & (iv) From short-arm reverse handstand the Base throws the Top who performs a front 1/4 straight salto and is caught in back angel by the Base. The Base may turn through 180° to catch.</p>	<p>(i) From stand in hands, Top performs a front 2/4 salto (courbette) to re-catch in handstand in hands of the Base.</p> <p>(ii) Base pitches the Top who performs a front 2/4 salto (courbette) to catch in reverse short arm handstand.</p> <p>(iii) Base pitches the Top for a 2/4 front salto (courbette) with 180° twist to catch in short arm handstand.</p> <p>(iv) Base throws top from a reverse handstand for a tucked or piked tsukahara dismount.</p>
<p>Three elements, minimum of value 1, from Category 2 of the FIG Tables of Difficulty MUST be included although will not count towards difficulty. Minimum difficulty 1 and maximum difficulty 12. N.B. A salto MUST be included.</p>			

Grade 6 Pairs Dynamic			
Requirements & Restrictions A forwards and backwards group element must be included			
	1	2	3
A			
B			
C			
D			
E			
Three elements, minimum of value 1, from Category 2 of the FIG Tables of Difficulty MUST be included although will not count towards difficulty. Minimum difficulty 1 and maximum difficulty 12. N.B. A salto MUST be included.			


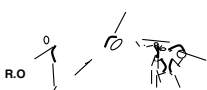


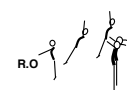


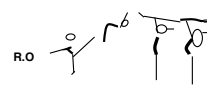







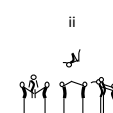
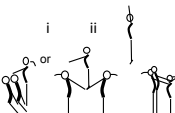
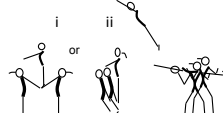
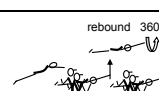
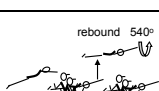
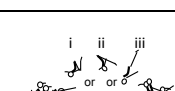
	Grade 2 Group		
	1	2	3
A	Top in counter balance on the Base and Middle's knees facing inwards. The arms of all three are straight. Grip is optional.	(i) Top performs stand on thighs. All three hold hands, arms may be bent and grip is optional. (ii) Top stands supported on shoulders with one foot on the Base and Middle, who support the Top by holding the lower leg with one hand each.	(i) Top stands supported on shoulders with one foot on the Base and Middle, who support the Top by holding the lower leg with one hand each. (ii) Top stands in balance supported on the thighs of the Base and Middle who are in lunge in any orientation.
B	(i) Middle sits on the feet of the Base, using the feet against the legs of the Base for stability. Top stands on one foot in front of the Middle. Arms of Middle and Top should be straight and grip is optional. (ii) Linked one foot stand. All partners must be in contact with each other using their inside arms. Grip is optional. The outside arms are free.	(i) Middle in front angel on Base's feet and supports the Top who performs an arabesque holding hands with Middle. Grip is optional. (ii) Linked arabesque hold. All partners must be in contact with each other on straight arms. Grip is optional.	(i) Linked wineglass holds. All partners must be in contact with the other but orientation is optional. Grip is optional (ii) Base lies on the floor with legs straight and raised vertically. Base supports the Middle on straight arms. Top stands on the Middle's thighs.
C	(i) Base and Middle support the handstand of the Top on straight arms below the knee. (ii) Base stands with feet together supporting the Top in handstand. Arms of the Base should be straight. The Middle performs arabesque holding on to the shoulders of the Base with straight arms.	(i) Base lies on the floor supporting the lower back of the Middle. Top stands in counterbalance on the thighs of the Middle, linking hands on straight arms. Grip is optional. (ii) Base and Middle support the Top in a handstand with their feet.	(i) Base in straddle sit with Top in supported stand on shoulders. Middle in a handstand supported by the Top. Top and Middle positions are interchangeable. (ii) Base lies on the floor supporting the lower back of the Middle. The Top stands on the thighs of the Middle supported at the waist.
D	Base and Middle lie side by side in dish, the position of their arms is optional. Top forward rolls over their waist.	Top consecutively leapfrogs over Base and Middle with no extra steps. Base and Middle may face either direction but should have straight legs. Top's legs should reach horizontal in the flight phase.	Base and Middle support the Top to jump. Top shape in the jump is optional. No release is required although the Base and Middle may release the hand on the upper arm of the Top.
E	(i) From sitting on platform the Top is pitched for a straight jump dismount by the Base and Middle. (ii) Top stands on the platform and the Base and Middle squat and return to standing.	Base and Middle throw the Top from cradle to re-catch in cradle. Top can be on front or back in cradle.	Top jumps to cradle, this can be from a run or from standing. Flight must be seen before the catch.
Flex	(i) Legs together and straight with back of knees pressed to the floor, toes pointed, back should remain as flat as possible.	(ii) Shoulders pushed past the hands which are shoulder width apart and straight. Legs straight, feet flat on floor and legs together.	(iii) The supporting leg in the bridge may be bent or straight and the position of the free leg is optional.
Stand	(i) In straddle sit position, hands on floor at or in front of the knees, legs are lifted clear of the floor. Legs should remain straight and extended. (ii) Tuck-sit may be held freely or supported with hands on the floor, fingers facing forwards.	(iii) Shoulder stand should achieve a straight body line. (iv) V-sit may be held freely or supported with hands on the floor, fingers facing forwards.	(v) In all one foot stands the support leg must be straight and hips square.
Agility / Tumble	(i) Backward roll should be made from 2 feet and the hands touch the floor only at the start. The straddle stand may be in piked or upright. (ii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The 180° straight jump should be to 2 feet and completed before landing.	(iii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The straddle stand may be in piked or upright. (iv) Backward roll should be made from and finish on 2 feet, the hands touch the floor only at the start. The stand should be with feet together. (v) The tumble should be smooth and continuous without additional steps.	(vi) Backward roll should be made from and finish on 2 feet, the hands touch the floor only at the start. The legs should be straight throughout. (vii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The roll should pass through Japana without stopping. (viii) The tumble should be smooth and continuous without additional steps.

	Grade 2 Group		
	1	2	3
A	 Counterbalance	 	 
B	 	 	 
C	 	 	 
D		 	 
E	 	  Front or back	  Front or back
Flex	I Pike fold	 Bridge	 Bridge with one foot on the floor
Stand	i Straddle sit with leg lift 2" ii Tuck sit 2"	 Shoulder stand 2"  "V" sit 2"	v Any one foot stand 2"
Agility / Tumble	i Backward roll to straddle stand ii Forward roll 180° jump	iii Forward roll to straddle stand iv Backward roll to stand v Cartwheel chasse cartwheel	vi Backward roll with straight legs to stand vii Forward roll straddle through to lie on front viii Forward roll jump to 1 leg cartwheel

Grade 3 Women's Groups			
	1	2	3
A	Top stands in balance supported on the thighs of the Base and Middle who are in lunge in any orientation.	Top in handstand supported on the thighs of the Base and Middle who are in lunge in any orientation.	Top in front or back log on straight arms of the Base and Middle. Support of the Top is on the leg below the knee and on the shoulder area or upper arms.
B	<p>(i) Base lies on the floor with legs straight and raised vertically. Base supports the Middle on straight arms. Top stands on the Middle's thighs.</p> <p>(ii) Top jumps backwards to cradle from standing. Flight must be seen before the catch.</p>	<p>(i) Base lies on the floor with legs straight and raised vertically. Base supports the Middle on straight arms. Top in back support with Middle giving support under the shoulders.</p> <p>(ii) From standing or motion Base and Middle support the Top in a flic from 2 feet to 2 feet.</p>	<p>(i) Base lies on the floor with legs straight and raised vertically. Base supports the Middle on straight arms. Top in a shoulder stand holding on to the Base's feet with straight arms. The final position should show a straight line through the arms of the Base, the arms of the Middle and the handstand of the Top.</p> <p>(ii) Round off jump 1/4 straight back salto to land in cradle.</p>
C	Base lies on the floor supporting the lower back of the Middle. The Top stands on the thighs of the Middle supported at the waist.	Top stands supported on Bases thighs supported at the waist. Middle in a handstand supported by the Top. Arms of the Top should be straight. Middle and Top positions are interchangeable.	Top stands freely on Bases thighs whilst Base is in bridge. Middle in a handstand supported by the Top. Arms of the Top should be straight. Middle and Top positions are interchangeable.
D	Base and Middle support the Top to jump. Top shape in the jump is optional. No release is required although the Base and Middle may release the hand on the upper arm of the Top.	Base and Middle support the Top for 2 consecutive jumps. Top shape in the jump is optional. No release is required although the Base and Middle may release the hand on the upper arm of the Top.	<p>(i) Top performs a handspring to 2 feet over head aided by the Bases, without release.</p> <p>(ii) Top is thrown for a tuck back salto dismount by the Base and Middle from sitting on platform. The salto should reach head height of the Base and Middle.</p>
E	Top jumps forwards to cradle, this can be from a run or from standing. Flight must be seen before the catch.	Top starts in a forwards or backwards cradle and the Base and Middle throw the Top for a 180° log roll re-catching in cradle. The log roll should take place above the heads of the Base and Middle.	From a run, jump or other element landing in a forwards or backwards cradle, Top is immediately thrown for a 360° log roll re-catching in cradle. The log roll should take place above the heads of the Base and Middle.
Flex	(i) The supporting leg in the bridge may be bent or straight and the position of the free leg is optional.	<p>(ii) Any splits can be performed. The hips should be square to the front and in box splits the knees should be facing the ceiling.</p> <p>(iii) From standing with feet together drop back to bridge. No readjustment of hands or feet should be made to achieve the bridge.</p>	(iv) (v) & (vi) Walkovers and valdez can be performed either by passing through straight handstand or through split handstand at the midpoint. In all cases the legs should show 180° split with straight legs at some point.
Stand	(i) In all one foot stands the support leg must be straight and hips square.	<p>(ii) In headstand the weight should be distributed evenly between the hands and the front of the head. The line of the body should be straight with the knees tucked in.</p> <p>(iii) The tuck lever should have a straight back with the hips between the arms and knees lifted in front of the body.</p>	<p>(iv) In headstand the weight should be distributed evenly between the hands and the front of the head. The line of the body should be straight and the legs vertical.</p> <p>(v) & (vi) Straddle lever and pike lever should have a straight back with the legs straight and heels lifted above horizontal.</p>
Agility / Tumble	<p>(i) Backward roll should be made from and finish on 2 feet, the hands touch the floor only at the start. The legs should be straight throughout.</p> <p>(ii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The roll should pass through Japan without stopping.</p> <p>(iii) The tumble should be smooth and continuous without additional steps.</p>	<p>(iv) Handstand must hold for a moment before the roll. The arms may be bent or straight on entering the roll.</p> <p>(v) The 1 arm cartwheel may use either the first or second hand to lead. The finish position is optional.</p> <p>(vi) & (vii) The tumble should be smooth and continuous without additional steps.</p>	<p>(viii) Handstand must hold for a moment following the roll.</p> <p>(ix) Flic may come from another element or from standing.</p> <p>(x) Dive roll must show good flight and roll smoothly to finish.</p> <p>(xi) & (xii) The tumble should be smooth and continuous without additional steps.</p>

Grade 3 Women's Groups			
	1	2	3
A			
B	 i  ii	 i  ii	 i  ii R.O
C			
D			 i  ii 4/4 back salto
E	 1/4 front salt	 180° 0/4 back or front salto	 rebound 360° 1/4 back or front salto
Flex	 i Bridge with one foot on the floor	ii Any splits iii From standing drop back to bridge.	iv Backward walkover v Forward walkover vi Valdez
Stand	i One foot stand 2"	ii Bent leg headstand 2" iii Tuck half lever 2"	iv Headstand 2" v Half lever vi Straddle lever 2"
Agility / Tumble	i Backward roll with straight legs to stand ii Forward roll straddle through to lie on front iii Forward roll jump to 1 leg cartwheel	iv Handstand forward roll to stand v One arm cartwheel vi Cartwheel, chasse step, round off, straight jump vii Round off, stretch jump, backward roll	viii Backward roll to handstand ix flic walkout x Dive Roll xi Round off, 1/2 turn, cartwheel xii Round off, 1/2 turn round off

Grade 4 Women's Groups			
	1	2	3
A	<p>(i) Top in front or back log on straight arms of the Base and Middle. Support of the Top is on the leg below the knee and on the shoulder area or upper arms.</p> <p>(ii) Round off jump 1/4 straight back salto to land in cradle.</p>	<p>(i) Base and Middle lying side by side with arms straight and hands in 2-on-2 position. Top in lever on their hands.</p> <p>(ii) Base and Middle stand facing each other supporting one leg and 1 arm of the Top in splits on their shoulders.</p> <p>(iii) Top in round off straight jump which is supported by the Base and Middle.</p>	<p>(i) Base and Middle stand side by side with arms straight and hands in 2-on-2 position. Top in lever on their hands.</p> <p>(ii) Base and Middle stand facing each other supporting one leg and 1 arm of the Top in splits on straight arms.</p> <p>(iii) Top in round off 1/4 straight back salto to log which is supported by the Base and Middle. Flight should be seen before the catch, and the element should pass overhead. The Base and Middle positions are optional.</p>
B	Base lies on the floor with legs straight and raised vertically. Base supports the Middle on straight arms. Top in a shoulder stand holding on to the Base's feet with straight arms. The final position should show a straight line through the arms of the Base, the arms of the Middle and the handstand of the Top.	Top stands supported on shoulders of the Base. Base supports the lower leg of the Top. Middle in straddle lever on shoulder and calf of the Base.	Top in lever on straight arm of the Base. Base supports the lower leg of the Top. Middle in straddle lever on shoulder and calf of the Base.
C	Top stands on Bases knees whilst Base is in bridge. Middle in a handstand supported by the Top. Arms of the Top should be straight. Middle and Top positions are interchangeable.	Top stands on shoulders of the Base. Middle stands on the thighs of the Base, holding hands with the Top, arms of Top and Middle are straight. Base supports Middle on the waist with bent arms to enable an on-balance stand from both Top and Middle.	Top stands on shoulders of the with Base. Middle stands on the thighs of the Base. Base supports Middle on the waist with bent arms to enable an on-balance stand from both Top and Middle.
D	<p>(i) Top performs a handspring to 2 feet over head aided by the Bases, without release.</p> <p>(ii) Top is thrown for a tuck back salto dismount by the Base and Middle from sitting on platform. The salto should reach head height of the Base and Middle.</p>	(i) & (ii) From foot pitch or platform, Top is thrown for a straight jump dismount.	(i) & (ii) From pitch or platform, Top is thrown for a 1/4 straight back or forward salto to land in cradle.
E	From a run, jump or other element landing in a forwards or backwards cradle, Top is immediately thrown for a 360° log roll re-catching in cradle. The log roll should take place above the heads of the Base and Middle.	From a run, jump or other element landing in a forwards or backwards cradle, Top is immediately thrown for a 540° log roll re-catching in cradle. The log roll should take place above the heads of Base and Middle.	(i) (ii) & (iii) From cradle, Base and Middle throw Top for a 3/4 tuck, pike or straight front or back salto.
Flex	(i) (ii) & (iii) Walkovers and valdez can be performed either by passing through straight handstand or through split handstand at the midpoint. In all cases the legs should show 180° split with straight legs at some point.	<p>(iv) Change of the legs should be with both legs moving and should occur at the height of the element.</p> <p>(v) & (vi) The 1 arm walkover should be straight and controlled with the body square to the direction of travel.</p>	<p>(vii) & (viii) The foot must go through the arms rather than sliding to splits.</p> <p>(ix) The 360° rotation should be finished before landing, which may be to back support or to sitting.</p> <p>(x) Jump to splits must show a clear jump and the legs move simultaneously to splits.</p> <p>(xi) valdez on 1- arm can be performed either by passing through straight handstand or through split handstand at the midpoint.</p>
Stand	<p>(i) In headstand the weight should be distributed evenly between the hands and the front of the head. The line of the body should be straight and the legs vertical.</p> <p>(ii) & (iii) Straddle lever and pike lever should have a straight back with the legs straight and heels lifted above horizontal.</p>	<p>(iv) Handstand must hold for a moment before the rotation begins and should finish before the exit phase.</p> <p>(v) The lifted leg should be straight and in line with the facing direction of the body.</p>	<p>(vi) Handstand should be held for a moment before the 360° rotation and held for a moment of stillness at the end of the rotation.</p> <p>(vii) Chest may be performed with forearms or hands on the floor. The leg position is optional.</p>
Agility / Tumble	<p>(i) Handstand must hold for a moment following the roll.</p> <p>(ii) Flic may come from another element or from standing.</p> <p>(iii) Dive roll must show good flight and roll smoothly to finish.</p> <p>(iv) & (v) The tumble should be smooth and continuous without additional steps.</p>	<p>(vi) Element should show flight and a controlled landing.</p> <p>(vii) Flic may come from another element or from standing.</p> <p>(viii) & (ix) All elements should show flight and a controlled landing.</p> <p>(x) The tumble should be smooth and continuous without additional steps.</p>	<p>(xi) (xii) (xiii) (xiv) (xv) & (xvi) All elements should show flight and a controlled landing.</p> <p>(xiii) In the hecht dive roll an open (swallow) position must be shown in flight.</p>

Grade 4 Women's Groups			
	1	2	3
A	 	  	  
B			
C			
D	  4/4 back salto	 0/4 back or front salto	 1/4 back or front salto
E	 1/4 back or front salto	 1/4 back or front salto	 3/4 back or front salto from cradle
Flex	i Backward walkover ii Forward walkover iii Valdez	iv Change leg walkover v One hand forward walkover vi One hand back walkover	vii Back walkover to any splits viii Forward elbow walkover to any splits ix 360° jump to splits x One hand valdez
Stand	i Headstand 2" ii Half lever 2" iii Straddle lever 2"	iv Handstand 180° turn v Wine glass 2"	vi Handstand 360° turn vii Chest balance
Agility / Tumble	i Backward roll to handstand ii flic walkout iii Dive Roll iv Round off, 1/2 turn, cartwheel v Round off, 1/2 turn round off	vi Headspring to stand vii Fick to knee viii Handspring ix Fly spring x Round off, flic	xi Free cartwheel xii Headspring 180° turn to front support xiii Hecht jump roll xiv 2 handsprings xv Round off 2 flics xvi Handspring to one, round off flic

Grade 5 Women's Groups Balance

<p style="text-align: center;">Requirements & Restrictions</p> <p style="text-align: center;">3 pyramids must be performed with a minimum of 3 x 3" holds</p> <p style="text-align: center;">One Category 2 pyramid where two Tops are performing at the same time</p> <p style="text-align: center;">One Category 1 pyramid with two Bases on the floor</p> <p style="text-align: center;">One Category 3 pyramid with one Base on the floor</p> <p style="text-align: center;">An unsupported handstand (3") chosen from the FIG Tables of Difficulty (excluding planche) must be performed by the Top in a minimum of 1 pyramid.</p>			
	3	4	5
A	<p>(i) Base and Middle stand side by side with arms straight and hands in 2-on-2 position. Top in lever on their hands.</p> <p>(ii) Base and Middle stand side by side with arms straight, hands joined. Top in crocodile on their hands.</p> <p>(iii) Base and Middle stand facing each other supporting one leg and 1 arm of the Top in splits on straight arms.</p>	<p>(i) & (ii) Base and Middle stand side by side with arms straight and hands in 2-on-2 position. Top in straddle lever for 3" on their hands and then motions to crocodile for 3". This may be done from crocodile to straddle.</p>	<p>(i) & (ii) Base and Middle stand side by side with arms straight and hands in 2-on-2 position. Top in straddle lever for 3" on their hands and then motions to handstand for 3". This may be done from handstand to straddle lever.</p> <p>(iii) Base and Middle perform side-by-side bridges each with one leg raised straight. Top in straddle lever on the raised feet.</p>
B	Category 2 balances have two Tops working.	Category 2 balances have two Tops working.	Category 2 balances have two Tops working.
C	Base and Top perform stand on shoulders. Middle stands on the thighs of the Base. Base supports Middle on the waist with bent arms to enable an on-balance stand from both Top and Middle.	Middle stands on Base' thighs and Top standing on the shoulders of the Middle. Base supports Middle on the waist with bent arms to enable an on-balance stand.	<p>(i) (ii) & (iii) Middle stands on Base' thighs and Top in lever on straight arms of the Middle. Base supports Middle on the waist with bent arms to enable an on-balance stand.</p> <p>(iv) & (v) Base in back support or bridge position with the Middle standing on thighs and Top in lever on straight arms of the Middle.</p>
<p style="text-align: center;">Three Category 1 elements MUST be included one from each section (static, flexibility and agility) of the FIG Tables of Difficulty.</p> <p style="text-align: center;">Minimum difficulty 1 and maximum difficulty 10.</p>			

Grade 5 Women's Groups Balance

Requirements & Restrictions

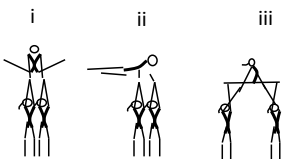
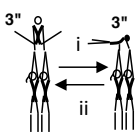
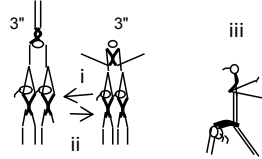


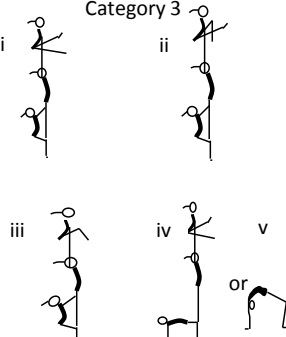
3 pyramids must be performed with a minimum of 3 x 3" holds

One Category 2 pyramid where two Tops are performing at the same time

One Category 1 pyramid with two Bases on the floor

One Category 3 pyramid with one Base on the floor

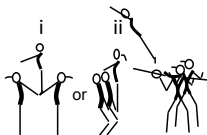
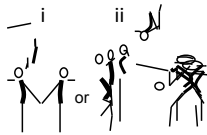
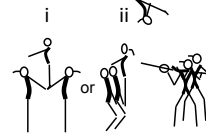
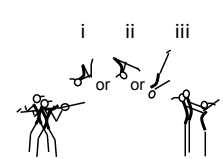


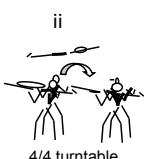
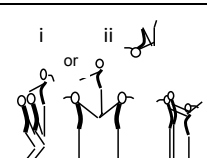
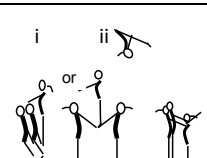
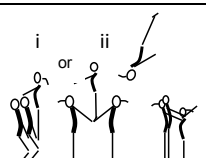
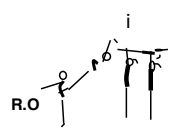
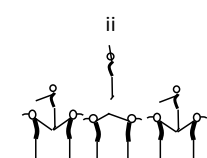
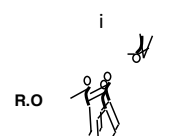
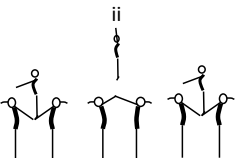
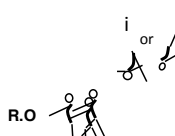
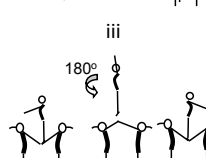
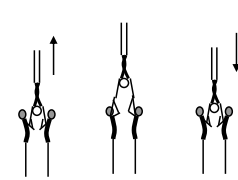
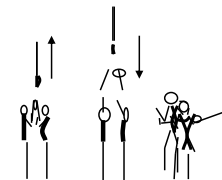
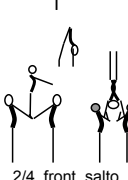
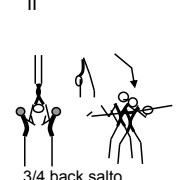
An unsupported handstand (3") chosen from the FIG Tables of Difficulty (excluding planche) must be performed by the Top in a minimum of 1 pyramid.

	3	4	5
A	<p style="text-align: center;">Category 1</p> 	<p style="text-align: center;">Category 1</p> 	<p style="text-align: center;">Category 1</p> 
B	<p style="text-align: center;">Category 2</p> <p>Any Category 2 balance from the FIG Tables of Difficulty. Total value of the Base and Top is a MINIMUM of 5 values.</p>	<p style="text-align: center;">Category 2</p> <p>Any Category 2 balance from the FIG Tables of Difficulty. Total value of the Base and Top is a MINIMUM of 7 values.</p>	<p style="text-align: center;">Category 2</p> <p>Any Category 2 balance from the FIG Tables of Difficulty. Total value of the Base and Top is a MINIMUM of 9 values.</p>
C	<p style="text-align: center;">Category 3</p> 	<p style="text-align: center;">Category 3</p> 	<p style="text-align: center;">Category 3</p> 
	<p>Three Category 1 elements MUST be included one from each section (static, flexibility and agility) of the FIG Tables of Difficulty. Minimum difficulty 1 and maximum difficulty 10.</p>		

Grade 5 Women's Groups Dynamic			
	Requirements & Restrictions A forwards and backwards group element must be included		
	1	2	3
A	From pitch or platform, Top is thrown for a 1/4 straight back or front salto to land in cradle.	From pitch or platform, Top is thrown for a 3/4 tuck back or front salto to land in cradle.	From pitch or platform, Top is thrown for a 3/4 pike back or front salto to land in cradle.
B	(i) (ii) & (iii) From cradle, Base and Middle throw Top for a 3/4 tuck, pike or straight front or back salto.	From cradle, Base and Middle throw Top for a 720° log roll to recatch in cradle from back or front. The log roll should take place above the heads of the Base and Middle.	(i) From cradle, Base and Middle throw Top for a 2/4 turntable with 180° twist. The turntable should be above the heads of the Base and Middle and the twist must be complete before the catch in cradle. (ii) From cradle, Base and Middle throw Top for a 4/4 turntable. The turntable should be above the heads of the Base and Middle and the twist must be complete before the catch in cradle.
C	(i) & (ii) From pitch or platform, Top is thrown for tuck back or front salto dismount.	(i) & (ii) From pitch or platform, Top is thrown for pike back or front salto dismount.	(i) & (ii) From pitch or platform, Top is thrown for straight back or front salto dismount.
D	(i) Top in round off 1/4 straight back salto to log which is supported by the Base and Middle. Flight should be seen before the catch, and the element should pass overhead. The Base and Middle positions are optional. (ii) Base and Middle throw Top into a straight jump, re-catching on the platform. Feet of Top should reach a minimum of shoulder height of the Base and Middle.	(i) Top in round off boosted tuck back salto over the heads of the base and Middle. Flight should be seen before the catch. (ii) Base and Middle throw Top into a tuck, pike or straddle jump, re-catching on the platform.	(i) Top in round off boosted pike or straight back salto over the heads of the base and Middle. Flight should be seen before the catch. (ii) Base and Middle throw Top for a straight jump with 180° twist, re-catching on the platform. Feet of Top should reach a minimum of shoulder height of the Base and Middle.
E	From supported short arm handstand the Top is lifted towards straight arm handstand and back to short arm handstand. It may be necessary to release the arm supporting the Top's upper arm in order to achieve maximum height although there is no release in this element.	From supported short arm handstand the Top is thrown for a 1/4 salto front or back to land in cradle.	(i) From standing on platform the Top is thrown for a front 2/4 salto to catch in short arm handstand (courbette). (ii) From supported short arm handstand the Top is thrown for a 3/4 back salto to land in cradle.
	Three elements, minimum of value 1, from Category 2 of the FIG Tables of Difficulty MUST be included although will not count towards difficulty. Minimum difficulty 1 and maximum difficulty 12. N.B. A salto MUST be included.		

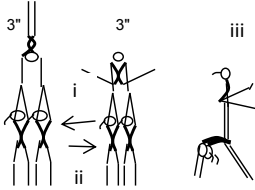
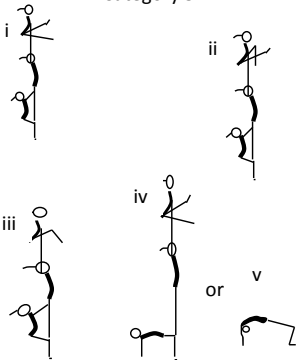
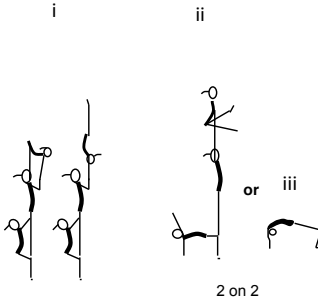
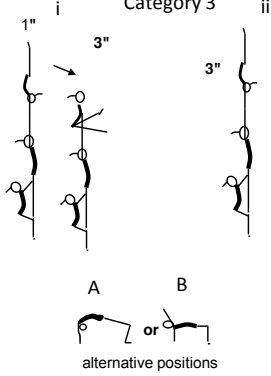
Grade 5 Women's Groups Dynamic

Requirements & Restrictions
A forwards and backwards group element must be included

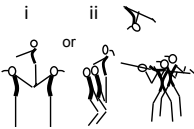
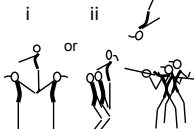
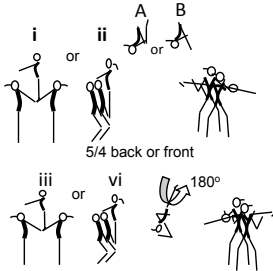

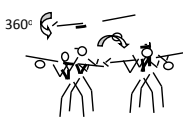

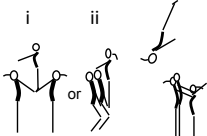
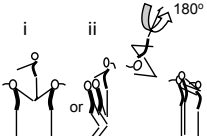
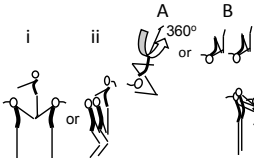
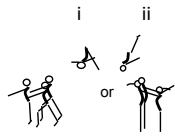
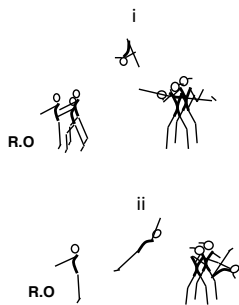
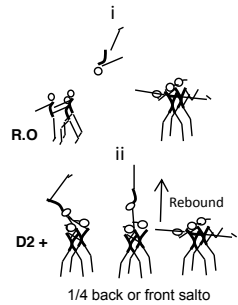
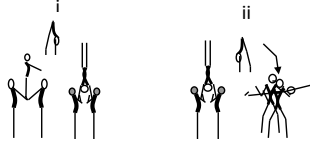
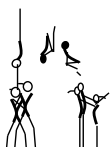

	1	2	3
A	 <p>1/4 back or front salto</p>	 <p>3/4 back or front salto</p>	 <p>3/4 back or front salto</p>
B	 <p>3/4 back or front salto from cradle</p>	 <p>0/4 back or front salto</p>	 <p>2/4 turntable</p>  <p>4/4 turntable</p>
C	 <p>4/4 back or front salto</p>	 <p>4/4 back or front salto</p>	 <p>4/4 back or front salto</p>
D	 <p>R.O.</p>  <p>180°</p>	 <p>R.O.</p>  <p>Tuck, straddle or pike jump</p>	 <p>R.O.</p>  <p>180°</p>
E	 <p>1/4 back or front</p>	 <p>1/4 back or front</p>	 <p>2/4 front salto</p>  <p>3/4 back salto</p>
<p>Three elements, minimum of value 1, from Category 2 of the FIG Tables of Difficulty MUST be included although will not count towards difficulty. Minimum difficulty 1 and maximum difficulty 12. N.B. A salto MUST be included.</p>			

Grade 6 Women's Groups Balance			
	<p align="center"><u>Requirements & Restrictions</u></p> <p align="center">3 pyramids must be performed with a minimum of 3 x 3" holds</p> <p align="center">One Category 2 pyramid where two Tops are performing at the same time</p> <p align="center">One Category 1 pyramid with two Bases on the floor</p> <p align="center">One Category 3 pyramid with one Base on the floor</p> <p align="center">An unsupported handstand (3") chosen from the FIG Tables of Difficulty (excluding planche) must be performed by the Top in a minimum of 1 pyramid.</p>		
	3	4	5
A	<p>(i) & (ii) Base and Middle stand side by side with arms straight and hands in 2-on-2 position. Top in straddle lever for 3" on their hands and then motions to handstand for 3". This may be done from handstand to straddle lever.</p> <p>(iii) Base and Middle perform side-by-side bridges each with one leg raised straight. Top in straddle lever on the raised feet.</p>	Category 1 has 2 Bases on the floor.	Category 1 has 2 Bases on the floor.
B	Category 2 balances have two Tops working.	Category 2 balances have two Tops working.	Category 2 balances have two Tops working.
C	<p>(i), (ii) & (iii) Middle stands on thighs and Top in lever on straight arms of the Middle. Base supports Middle on the waist with bent arms to enable an on-balance stand.</p> <p>(iv) & (v) Base in back support or bridge position with the Middle standing on thighs and Top in lever on straight arms of the Middle.</p>	<p>(i) Middle stands supported on thighs. Top lifts from the Middle's shoulders to short arm handstand on Middle's hands. Base supports Middle on the waist with bent arms to enable an on-balance stand.</p> <p>(ii) & (iii) Base in back support with one hand free or bridge. Middle stands on Base's thighs with Top in 2-on-2 straddle lever on straight arms of the Middle.</p>	<p>(i) Base in chair position with the Middle standing supported on thighs. Top holds handstand on long arms for 1" before motioning to straddle lever for 3" on Middle's hands. Base supports Middle on the waist with bent arms to enable an on-balance stand.</p> <p>(ii) Base in chair position with the Middle standing supported on thighs. Top holds long arm handstand on Middle's hands. Base supports Middle on the waist with bent arms to enable an on-balance stand.</p> <p>In the alternative Base positions (A) and (B) the Base may be in back support with 1 arm free or bridge support positions.</p>
	<p align="center">Three Category 1 elements MUST be included one from each section (static, flexibility and agility) of the FIG Tables of Difficulty. Minimum difficulty 1 and maximum difficulty 10.</p>		

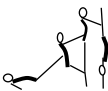
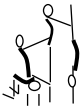





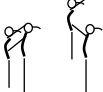









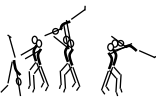
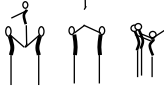

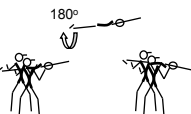


Grade 6 Women's Groups Balance

Requirements & Restrictions 3 pyramids must be performed with a minimum of 3 x 3" holds One Category 2 pyramid where two Tops are performing at the same time One Category 1 pyramid with two Bases on the floor One Category 3 pyramid with one Base on the floor An unsupported handstand (3") chosen from the FIG Tables of Difficulty (excluding planche) must be performed by the Top in a minimum of 1 pyramid.			
	3	4	5
A	Category 1 	Category 1 Any Category 1 balance from the FIG Tables of Difficulty Total value of the Base and Top is a MINIMUM of 11 values.	Category 1 Any Category 1 balance from the FIG Tables of Difficulty Total value of the Base and Top is a MINIMUM of 13 values.
B	Category 2 Any Category 2 balance from the FIG Tables of Difficulty Total value of the Base and Top is a MINIMUM of 9 values.	Category 2 Any Category 2 balance from the FIG Tables of Difficulty Total value of the Base and Top is a MINIMUM of 11 values.	Category 2 Any Category 2 balance from the FIG Tables of Difficulty Total value of the Base and Top is a MINIMUM of 13 values.
C	Category 3 	Category 3 	Category 3 
Three Category 1 elements MUST be included one from each section (static, flexibility and agility) of the FIG Tables of Difficulty. Minimum difficulty 1 and maximum difficulty 10.			

Grade 6 Women's Groups Dynamic			
	Requirements & Restrictions A forwards and backwards group element must be included		
	1	2	3
A	(i) & (ii) From pitch or platform, Top is thrown for a 3/4 pike back or front salto to land in cradle.	(i) & (ii) From pitch or platform, Top is thrown for a 3/4 straight back or front salto to land in cradle.	(i) & (ii) From pitch or platform, Top is thrown for a 5/4 tuck or pike salto backwards or forwards to land in cradle. (iii) & (iv) From pitch or platform, Top is thrown for a 3/4 straight back or front salto with 180o twist to land in cradle.
B	(i) From cradle, Base and Middle throw Top for a 2/4 turntable with 180o twist. The turntable should be above the heads of the Base and Middle and the twist must be complete before the catch in cradle. (ii) From cradle, Base and Middle throw Top for a 4/4 turntable. The turntable should be above the heads of the Base and Middle and the twist must be complete before the catch in cradle.	(i) From cradle, Base and Middle throw Top for a 2/4 turntable with 360o twist. The turntable should be above the heads of the Base and Middle and the twist must be completed before the catch in cradle.	(i) From cradle, Base and Middle throw Top for a 2/4 turntable with 720o twist. The turntable should be above the heads of the Base and Middle and the twist must be completed before the catch in cradle.
C	(i) & (ii) From pitch or platform, Top is thrown for straight back or front salto dismount.	(i) & (ii) From pitch or platform, Top is thrown for straight back or front salto dismount with 180° twist.	(i) From pitch or platform, Top is thrown for straight back or front salto dismount with 360° twist. (ii) From pitch or platform, Top is thrown for a double tuck back or front salto dismount.
D	(i) & (ii) Top in round off boosted pike or straight back salto over the heads of the Base and Middle. Flight should be seen before the catch.	(i) Top in round off boosted 3/4 pike back salto over the heads of the Base and Middle to catch in cradle. Flight should be seen before the catch. (ii) Round off to catch in long swing. Top should show a straight body shape in flight before the catch. Base and Middle catch with one hand catching the hand of the Top and the other on the lower arm of the Top who then pikes to facilitate the swing.	(i) Top in round off boosted 3/4 straight back salto over the heads of the Base and Middle to catch in cradle. Flight should be seen before the catch. (ii) Round off to catch in long swing. Top should show a straight body shape in flight before the catch. Base and Middle catch with one hand catching the hand of the Top and the other on the lower arm of the Top who then pikes to facilitate the swing to handstand which is immediately followed by a 1/4 back or front salto to catch in cradle.
E	(i) From standing on platform the Top is thrown for a front 2/4 salto to catch in short arm handstand (courbette) (ii) From supported short arm handstand the Top is thrown for a 3/4 back salto to land in cradle	From supported short arm handstand the Top is thrown for a 6/4 tuck salto dismount.	From supported short arm handstand the Top is thrown for a 6/4 pike salto dismount.
	Three elements, minimum of value 1, from Category 2 of the FIG Tables of Difficulty MUST be included although will not count towards difficulty. Minimum difficulty 1 and maximum difficulty 12. N.B. A salto MUST be included.		

Grade 6 Women's Groups Dynamic			
	Requirements & Restrictions A forwards and backwards group element must be included		
	1	2	3
A	 <p>3/4 back or front salto</p>	 <p>3/4 back or front salto</p>	 <p>5/4 back or front</p> <p>3/4 back or front</p>
B	 <p>2/4 turntable 4/4 turntable</p>	 <p>2/4 turntable</p>	 <p>2/4 turntable</p>
C			
D	 <p>R.O</p>	 <p>R.O</p>	 <p>R.O</p> <p>D2 +</p> <p>1/4 back or front salto</p>
E	 <p>2/4 front salto 3/4 back salto</p>	 <p>6/4 back salto</p>	 <p>6/4 back salto</p>
Three elements, minimum of value 1, from Category 2 of the FIG Tables of Difficulty MUST be included although will not count towards difficulty. Minimum difficulty 1 and maximum difficulty 12. N.B. A salto MUST be included.			

Grade 3 Men's Group			
	1	2	3
A	Base 1's legs support the lower back of Base. The 3rd man stands on Base 2 thighs. Top in handstand on floor supported by 3rd man, whose arms should be straight.	Base 1 kneels on the floor with a flat back. Base 2 sits on Base 1 at hip level. 3rd man stands on knees of Base 2 and gives support to the Top in handstand on the floor. Arms of 3rd man should be straight.	Base 2 in chair position supported in the lower back by the feet of Base 1. Top in a counter balanced stand with 1 arm support. 3rd man in stand in hands of Base 1, whose arms should be vertical and not lean against the body.
B	Base 1 and Base 2 are standing in lunge alongside each other supporting 3rd man to stand on their knees. Top in a straight handstand on the floor, supported by 3rd man whose arms should be straight.	Base 1 and Base 2 kneel on all fours alongside each other. 3rd man kneels on all fours on Base 1 and Base 2 with one hand and one knee on each Base at shoulder and hip level. Top stands on back of 3rd man at hip level.	Base 1 and 2 stand alongside each other with the 3rd man standing supported on their shoulders, one foot on each Base. The Bases support the 3rd man with one hand and use the free hands to support the Top in handstand on the floor.
C	<p>Two pairs simultaneously or in immediate succession perform the same or different skills.</p> <p>(i) The arms of both performers in the final position should be straight. The legs of the Base may be bent or raised straight. The shoulder stand should show an extended bodyline.</p> <p>ii) Base supports the Top at the waist for a vertical jump, the shape of the Top is optional. The hips of the Top should reach the Base's shoulder height as a minimum. The Base can release and re-catch the Top but is not required to do so.</p>	<p>Two pairs simultaneously or in immediate succession perform the same or different skills.</p> <p>(i) Top in a supported handstand with hands on the ankles of the Base. Base supports the Top's bent knee with one or two hands.</p> <p>(ii) Base kneels up on one knee and supports 2-on-1 handstand of the Top on the thigh of the Base. The Base may bend the arms in the support to ensure the handstand is in balance.</p> <p>(iii) Base kneeling, Top in a supported stand on the Base's shoulders.</p> <p>(iv) Top backward rolls to a straight jump supported by the Base.</p>	<p>Two pairs simultaneously or in immediate succession perform the same or different skills.</p> <p>(i) Base lying, Top stands on bent arm support of Base. Arms of Base should be vertical and not leaning against the body.</p> <p>(ii) Base lying, Top in shoulder stand on the hands of the Base, using the arms of the Base for additional support.</p> <p>(iii) Top stands on Base's shoulders, whilst Base is standing. Base supports the Top by holding the lower legs of the Top.</p> <p>(iv) Supported tuck/pike front salto dismount from standing on shoulders. There should be a clear upward jump from the Top at take off.</p>
D	<p>Two Tops in immediate succession perform the same skill.</p> <p>From standing or motion Base 1 and Base 2 support the Top in a flic from 2 feet to 2 feet.</p>	<p>Two Tops in immediate succession perform the same skill.</p> <p>From standing or motion Base 1 and Base 2 support the Top in a handspring. There is no release, but the handspring must pass over the heads of the Base's, not over their shoulders.</p>	<p>Two Tops in immediate succession perform the same skill.</p> <p>Base 1 and Base 2 throw Top for a straight jump dismount from platform. Feet of Top should reach a minimum of shoulder height of the Bases.</p>
E	<p>Two Tops in immediate succession perform the same skill.</p> <p>Top jumps forwards to cradle, this can be from a run or from standing. Flight must be seen before the catch.</p>	<p>Two Tops in immediate succession perform the same skill.</p> <p>From cradle Base 1 and Base 2 throw the Top for a 180° log roll re-catching in cradle. The log roll should take place above the head height of Bases.</p>	<p>Two Tops in immediate succession perform the same skill.</p> <p>Top is thrown for a tuck back salto dismount by Base 1 and Base 2. The salto should reach the head height of the Bases.</p>
Flex	(i) The supporting leg in the bridge may be bent or straight and the position of the free leg is optional.	<p>(ii) Any splits can be performed. The hips should be square to the front and in box splits the knees should be facing the ceiling.</p> <p>(iii) From standing with feet together drop back to bridge. No readjustment of hands or feet should be made to achieve the bridge.</p>	(iv) (v) & (vi) Walkovers and valdez can be performed either by passing through straight handstand or through split handstand at the midpoint. In all cases the legs should show 180° split with straight legs at some point.
Stand	(i) In all one foot stands the support leg must be straight and hips square.	<p>(ii) In headstand the weight should be distributed evenly between the hands and the front of the head. The line of the body should be straight with the knees tucked in.</p> <p>(iii) The tuck lever should have a straight back with the hips between the arms and knees lifted in front of the body.</p>	<p>(iv) In headstand the weight should be distributed evenly between the hands and the front of the head. The line of the body should be straight and the legs vertical.</p> <p>(v) & (vi) Straddle lever and pike lever should have a straight back with the legs straight and heels lifted above horizontal.</p>
Agility / Tumble	<p>(i) Backward roll should be made from and finish on 2 feet, the hands touch the floor only at the start. The legs should be straight throughout.</p> <p>(ii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The roll should pass through Japana without stopping.</p> <p>(iii) The tumble should be smooth and continuous without additional steps.</p>	<p>(iv) Handstand must hold for a moment before the roll. The arms may be bent or straight on entering the roll.</p> <p>(v) The 1 arm cartwheel may use either the first or second hand to lead. The finish position is optional.</p> <p>(vi) & (vii) The tumble should be smooth and continuous without additional steps.</p>	<p>(viii) Handstand must hold for a moment following the roll.</p> <p>(ix) Flic may come from another element or from standing.</p> <p>(x) Dive roll must show good flight and roll smoothly to finish.</p> <p>(xi) & (xii) The tumble should be smooth and continuous without additional steps.</p>

Grade 3 Men's Group			
	1	2	3
A			
B			
C	i  ii 	i  ii  iii  iv 	i  ii  iii  iv 
D	1+1 	1+1 	1+1 
E	1+1  1/4 front salto	1+1  180° 0/4 back or front salto	1+1 
Flex	 i Bridge with one foot on the floor	ii Any splits iii From standing drop back to bridge.	iv Backward walkover v Forward walkover vi Valdez
Stand	i One foot stand 2"	ii Bent leg headstand 2" iii Tuck half lever 2"	iv Headstand 2" v Half lever vi Straddle lever 2"
Agility / Tumble	i Backward roll with straight legs to stand ii Forward roll straddle through to lie on front iii Forward roll jump to 1 leg cartwheel	iv Handstand forward roll to stand v One arm cartwheel vi Cartwheel, chasse step, round off, straight jump vii Round off, stretch jump, backward roll	viii Backward roll to handstand ix flic walkout x Dive Roll xi Round off, 1/2 turn, cartwheel xii Round off, 1/2 turn round off

Grade 4 Men's Group			
	1	2	3
A	Base 2 in chair position supported in the lower back by the feet of Base 1. Top in a counter balanced stand with 1 arm support. 3rd man in stand in hands of Base 1, whose arms should be vertical and not lean against the body.	Base 2 in chair position supported in the lower back by the feet of Base 1. Top in a counter balance stand with 1 arm support. 3rd man in stand in hands of Base 1 on long arm hold. Base 1 arms should be vertical and not lean against the body. Top and 3rd man are interchangeable.	Base 2 in chair position supported in the lower back by the feet of Base 1. 3rd man in a handstand on the knees of Base 2. Top in lever on hands of Base 1 on long arm hold. Top and 3rd man are interchangeable.
B	Base 1 and 2 stand alongside each other with the 3rd man standing on their shoulders, one foot on each Base. The Bases support the 3rd man with one hand and use the free hands to support the Top in handstand on the floor.	Base 1 and 3rd man perform stand on knees. Base 2 stands in front of 3rd man who supports Base 2 wrists. Top in lever on straight arms of Base 2.	(i) Base 1 with Base 2 standing supported on thighs and 3rd man standing freely on shoulders. Top in handstand on the floor supported by 3rd man whose arms should be straight. (ii) Base 1 and 2 stand in lunge alongside each other supporting the 3rd man who stands on their thighs. Top stands on shoulders of 3rd man.
C	Two pairs simultaneously or in immediate succession perform the same or different skills. (i) Base lying on the floor with knees bent and feet on the floor. Top stands on bent arm support of Base. Arms of Base should be vertical and not leaning against the body. (ii) Base lying on the floor with knees bent and feet on the floor. Top in shoulder stand on the hands of the Base, using the arms of the Base for additional support. (iii) Top stands on Base's shoulders, whilst Base is standing. Base supports the Top by holding the lower leg of the Top. (iv) Supported tuck/pike front salto dismount from standing on shoulders. There should be a clear upward jump from the Top before landing.	Two pairs simultaneously or in immediate succession perform the same or different skills. (i) Top in lever on hands of Base. (ii) Top in stand in bent arm support of Base. (iii) Base pitches Top for a straight jump. The feet of the Top should reach the shoulder height of the Base.	Two pairs simultaneously or in immediate succession perform the same or different skills. (i) Base lying, Top in stand in long arm of Base. (ii) Base lying, Top handstands on bent arm support of Base. Arms of Base should be vertical and not leaning against the body. (iii) Base standing, Top in lever on hands of Base. (iv) Base pitches the Top to catch in hands of Base. The feet of the Top should go above the bases shoulder height before the catch.
D	Two Tops in immediate succession perform the same skill. Top is thrown for a tuck back salto dismount by Base 1 and Base 2. The salto should reach the head height of the Bases.	From 3-man platform, Top in straight jump to re-catch on platform. The feet of the Top should reach a minimum of head height of the Bases.	From 3-man platform Top is pitched for a straight jump dismount. Feet of the Top reach a minimum of head height of the Bases.
E	Two Tops in immediate succession perform the same skill. Base 1 and Base 2 throw Top for a straight jump dismount from platform. Feet of Top should reach a minimum of shoulder height of the Bases.	Two Tops in immediate succession perform the same skill. From platform, Top is thrown for a straight jump with 180° twist dismount. Feet of Top should reach a minimum of shoulder height of the Base and Middle.	Two Tops in immediate succession perform the same skill. From platform, Top is thrown for tuck back or forward salto dismount.
Flex	(i) (ii) & (iii) Walkovers and valdez can be performed either by passing through straight handstand or through split handstand at the midpoint. In all cases the legs should show 180° split with straight legs at some point.	(iv) Change of the legs should be with both legs moving and should occur at the height of the element. (v) & (vi) The 1 arm walkover should be straight and controlled with the body square to the direction of travel.	(vii) & (viii) The foot must go through the arms rather than sliding to splits. (ix) The 360° rotation should be finished before landing, which may be to back support or to sitting. (x) Jump to splits must show a clear jump and the legs move simultaneously to splits. (xi) valdez on 1- arm can be performed either by passing through straight handstand or through split handstand at the midpoint.
Stand	(i) In handstand the weight should be distributed evenly between the hands and the front of the head. The line of the body should be straight and the legs vertical. (ii) & (iii) Straddle lever and pike lever should have a straight back with the legs straight and heels lifted above horizontal.	(iv) Handstand must hold for a moment before the rotation begins and should finish before the exit phase. (v) The lifted leg should be straight and in line with the facing direction of the body.	(vi) Handstand should be held for a moment before the 360° rotation and held for a moment of stillness at the end of the rotation. (vii) Chest may be performed with forearms or hands on the floor. The leg position is optional.
Agility / Tumble	(i) Handstand must hold for a moment following the roll. (ii) Flic may come from another element or from standing. (iii) Dive roll must show good flight and roll smoothly to finish. (iv) & (v) The tumble should be smooth and continuous without additional steps.	(vi) Element should show flight and a controlled landing. (vii) Flic may come from another element or from standing. (viii) & (ix) All elements should show flight and a controlled landing. (x) The tumble should be smooth and continuous without additional steps.	(xi) (xii) (xiii) (xiv) (xv) & (xvi) All elements should show flight and a controlled landing. (xiii) In the hecht dive roll an open (swallow) position must be shown in flight.

Grade 4 Men's Group			
	1	2	3
A			
B			 i ii
C	i ii iii iv	i ii iii	i ii iii iv
D	1+1		
E	1+1	1+1 180° 1/4 back or front salto	1+1
Flex	i Backward walkover ii Forward walkover iii Valdez	iv Change leg walkover v One hand forward walkover vi One hand back walkover	vii Back walkover to any splits vii Forward elbow walkover to any splits viii Healy turn ix 360° jump to splits x One hand valdez
Stand	i Headstand 2" ii Half lever 2" iii Straddle lever 2"	iv Handstand 180° turn v Wine glass 2"	vi Handstand 360° turn vii Chest balance
Agility / Tumble	i Backward roll to handstand ii flic walkout iii Dive Roll iv Round off, 1/2 turn, cartwheel v Round off, 1/2 turn round off	vi Headspring to stand vii Fick to knee viii Handspring ix Fly spring x Round off, flic	xi Free cartwheel xii Headspring 180° turn to front support xiii Hecht jump roll xiv 2 handsprings xv Round off 2 flics xvi Handspring to one, round off flic

Grade 5 Men's Group Balance

	<p style="text-align: center;">Requirements & Restrictions</p> <p style="text-align: center;">Either 2 pyramids must be performed or 1 pyramid and a pair element from row A</p> <p style="text-align: center;">3 x 3" holds</p> <p style="text-align: center;">An unsupported handstand (3") chosen from the NDP8 Tables of Difficulty (excluding planche) must be performed by the Top in a minimum of 1 pyramid.</p>																			
A	As an alternative to one pyramid a single pair element may be selected from the Grade 5 Pairs Table provided it is performed by two pairs simultaneously or in immediate succession. The pair elements performed must be identical and will receive the same difficulty as in Grade 5 pairs although the difficulty is given for each pair.																			
B	One pyramid may be performed from the Base positions shown. All Top positions are on straight arms of the Base or Bases. In the case of position (iv) the highest valued Top position is given difficulty. The value of the Top is added to the value of the Base position for difficulty in row B.																			
	<table><tr><th>Value 1</th><th>Value 2</th><th>Value 3</th></tr><tr><td>(i) Top standing</td><td>(iv) Lever on head and arm</td><td>(vi) Handstand</td></tr><tr><td>(ii) Pike lever</td><td>(v) Crocodile on head and arm</td><td></td></tr><tr><td>(iii) Straddle lever</td><td></td><td></td></tr></table>	Value 1	Value 2	Value 3	(i) Top standing	(iv) Lever on head and arm	(vi) Handstand	(ii) Pike lever	(v) Crocodile on head and arm		(iii) Straddle lever									
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C	<table><tr><th>Value 3</th><th>Value 4</th><th>Value 4 & Value 6</th></tr><tr><td>(i) Base 1 and Base 2 in bridge, 3rd man standing freely on thighs of Bases, one foot on each Base. Top standing on supported shoulders of 3rd man.</td><td>(iv) Base 1 and Base 2 standing side by side with 3rd man in supported chair position with one foot on each shoulder. Top standing supported on knees of 3rd man.</td><td>(vi) Base 1 and Base 2 stand facing each other and 3rd Man stands in hands of Base 1 and Base 2. Top in short arm hold or head of 3rd man.</td></tr><tr><td>(ii) Base 1 and Base 2 in back support, 3rd mans standing freely on thighs of Bases, one foot on each Base. Top standing supported on shoulders of 3rd man.</td><td>(v) Base 1 and Base 2 standing side by side with 3rd man standing supported on their shoulders with one foot on each shoulder. Top standing supported on shoulders of 3rd man.</td><td>(vii) Base 1 and Base 2 stand side by side and 3rd man stands supported on shoulders of Base 1 and Base 2. Top in short arm hold or head of 3rd man.</td></tr><tr><td>(iii) Base 1 and Base 2 standing facing each other. 3rd man in shoulder stand on straight arms of Base 1 holding the wrists of Base 2. Top in handstand on straight arms of Base 2.</td><td></td><td>(viii) Base 1 and Base 2 lunge side by side 3rd man stands supported on thighs of the Bases, one foot on each thigh. Top in long arm hold or head of 3rd man.</td></tr></table>	Value 3	Value 4	Value 4 & Value 6	(i) Base 1 and Base 2 in bridge, 3rd man standing freely on thighs of Bases, one foot on each Base. Top standing on supported shoulders of 3rd man.	(iv) Base 1 and Base 2 standing side by side with 3rd man in supported chair position with one foot on each shoulder. Top standing supported on knees of 3rd man.	(vi) Base 1 and Base 2 stand facing each other and 3rd Man stands in hands of Base 1 and Base 2. Top in short arm hold or head of 3rd man.	(ii) Base 1 and Base 2 in back support, 3rd mans standing freely on thighs of Bases, one foot on each Base. Top standing supported on shoulders of 3rd man.	(v) Base 1 and Base 2 standing side by side with 3rd man standing supported on their shoulders with one foot on each shoulder. Top standing supported on shoulders of 3rd man.	(vii) Base 1 and Base 2 stand side by side and 3rd man stands supported on shoulders of Base 1 and Base 2. Top in short arm hold or head of 3rd man.	(iii) Base 1 and Base 2 standing facing each other. 3rd man in shoulder stand on straight arms of Base 1 holding the wrists of Base 2. Top in handstand on straight arms of Base 2.		(viii) Base 1 and Base 2 lunge side by side 3rd man stands supported on thighs of the Bases, one foot on each thigh. Top in long arm hold or head of 3rd man.		<table><tr><td>(i) Pike lever (+2)</td></tr><tr><td>(ii) Straddle lever (+2)</td></tr><tr><td>(iii) Handstand (+3)</td></tr><tr><td>(vi) Lever on hand and head (+3)</td></tr><tr><td>(v) Crocodile on head and arm (+3)</td></tr></table>	(i) Pike lever (+2)	(ii) Straddle lever (+2)	(iii) Handstand (+3)	(vi) Lever on hand and head (+3)	(v) Crocodile on head and arm (+3)
	Value 3	Value 4	Value 4 & Value 6																	
(i) Base 1 and Base 2 in bridge, 3rd man standing freely on thighs of Bases, one foot on each Base. Top standing on supported shoulders of 3rd man.	(iv) Base 1 and Base 2 standing side by side with 3rd man in supported chair position with one foot on each shoulder. Top standing supported on knees of 3rd man.	(vi) Base 1 and Base 2 stand facing each other and 3rd Man stands in hands of Base 1 and Base 2. Top in short arm hold or head of 3rd man.																		
(ii) Base 1 and Base 2 in back support, 3rd mans standing freely on thighs of Bases, one foot on each Base. Top standing supported on shoulders of 3rd man.	(v) Base 1 and Base 2 standing side by side with 3rd man standing supported on their shoulders with one foot on each shoulder. Top standing supported on shoulders of 3rd man.	(vii) Base 1 and Base 2 stand side by side and 3rd man stands supported on shoulders of Base 1 and Base 2. Top in short arm hold or head of 3rd man.																		
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	Three Category 1 elements MUST be included one from each section (static, flexibility and agility) of the FIG Tables of Difficulty. Minimum difficulty 1 and maximum difficulty 10.																			

Grade 5 Men's Group Balance

Requirements & Restrictions

Either 2 pyramids must be performed or 1 pyramid and a pair element from row A

3 x 3" holds

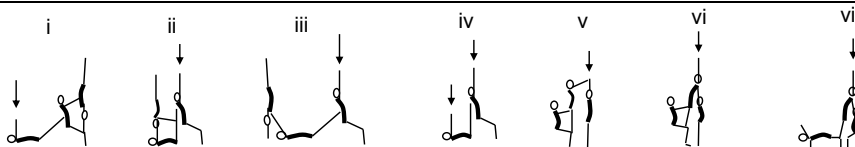
An unsupported handstand (3") chosen from the NDP8 Tables of Difficulty (excluding planche) must be performed by the Top in a minimum of 1 pyramid.

A

As an alternative to one pyramid a single pair element may be selected from the Grade 5 Pairs Table provided it is performed by two pairs simultaneously or in immediate succession. The pair elements performed must be identical and will receive the same difficulty as in Grade 5 pairs although the difficulty is given for each pair.

B

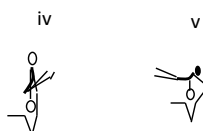
Base positions in row B have 3 value. The position of the Top is added for difficulty.



Value 1

Value 2

Value 3



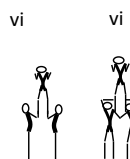
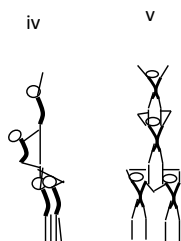
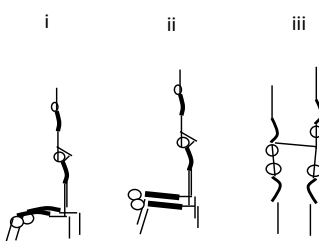
C

Value 3

Value 4

Value 4

Value 6



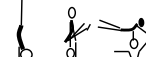
Value for position of Top

+2 for top



i ii

+3 for top



iii iv v

Three Category 1 elements **MUST** be included one from each section (static, flexibility and agility) of the FIG Tables of Difficulty.
Minimum difficulty 1 and maximum difficulty 10.

Grade 5 Men's Group Dynamic			
	Requirements & Restrictions A forwards and backwards group element must be included Only one element may be performed where only 3 partners are working together without the fourth		
	1	2	3
A	(i) & (ii) From 2-man platform or pitch, Two Tops are thrown for tuck back salto dismount in immediate succession perform the same (iii) & (iv) From 3-man platform or pitch, Top is thrown for tuck back salto dismount.	(i) & (ii) From 2-man platform or pitch, Two Tops are thrown for pike back salto dismount in immediate succession perform the same (iii) & (iv) From 3-man platform or pitch, Top is thrown for pike back salto dismount.	(i) & (ii) From 2-man platform or pitch, Two Tops are thrown for straight back salto dismount in immediate succession perform the same (iii) & (iv) From 3-man platform or pitch, Top is thrown for straight back salto dismount.
B	(i) (ii) & (iii) From 3-man platform, Top in 3/4 front salto tucked, piked or straight to catch in horizontal cradle	(i) From foot pitch Top is thrown for a straight jump to catch on the platform of the other two Bases. (ii) From stand in hands of a single Base. Top is thrown for a straight jump to catch on the platform of the other two Bases.	From 2-man platform, Top in straight jump forwards or backwards to land in hands of other Base.
C	From 3-man platform Top is thrown for a straight jump dismount. Feet of the Top reach a minimum of head height of the Base's.	(i) & (ii) From 3-man platform or pitch, Top is thrown for a 3/4 tuck, pike or straight back salto to catch in cradle.	(i) & (ii) From 3-man platform or pitch, Top is thrown for a 3/4 tuck, pike or straight back salto with 180° twist to catch in cradle.
D	From 2-man platform or pitch, Two Tops are thrown for tuck front salto dismount in immediate succession.	From 2-man platform or pitch, Two Tops are thrown for pike front salto dismount in immediate succession.	(i) (ii) & (iii) From 2-man platform or pitch, Two Tops are thrown for tuck, pike or straight front salto to catch in cradle in immediate succession.
E	2/4 turntable, which may be assisted by the 4th performer. This should be above head height of the Bases.	From cradle, Bases throw Top for a 2/4 turntable with 180o or 360o twist. The turntable should be above the head height of the Base and Middle and the twist must be complete before the catch in cradle. The element may be assisted by the 3rd man.	(i) & (ii) 3 partners working. From stand on platform or from foot pitch the Top is pitched for a front 2/4 salto to catch in short arm handstand (courbette). No change of Base from the platform or pitch to the catch.
	Three elements, minimum of value 1, from Category 2 of the FIG Tables of Difficulty MUST be included although will not count towards difficulty. Minimum difficulty 1 and maximum difficulty 12. N.B. A salto MUST be included.		

Grade 5 Men's Group Dynamic

Requirements & Restrictions

A forwards and backwards group element must be included

Only one element may be performed where only 3 partners are working together without the fourth

	1	2	3
A	<p>4/4 back salto</p>	<p>4/4 back salto</p>	<p>4/4 back salto</p>
B	<p>3/4 front</p>	<p>0/4 front or back salto</p>	<p>0/4 front or back salto</p>
C	<p>0/4 front or back</p>	<p>3/4 back salto</p>	<p>3/4 back salto</p>
D	<p>4/4 front salto</p>	<p>4/4 front salto</p>	<p>3/4 front salto</p>
E	<p>2/4 turntable</p>	<p>2/4 turntable</p>	<p>2/4 front salto</p>
<p style="text-align: center;">Three elements, minimum of value 1, from Category 2 of the FIG Tables of Difficulty MUST be included although will not count towards difficulty. Minimum difficulty 1 and maximum difficulty 12. N.B. A salto MUST be included.</p>			

Grade 6 Men's Group Balance			
	Requirements & Restrictions Either 2 pyramids must be performed or 1 pyramid and a pair element from row A 3 x 3" holds An unsupported handstand (3") chosen from the NDP8 Tables of Difficulty (excluding planche) must be performed by the Top in a minimum of 1 pyramid.		
A	As an alternative to one pyramid a single pair element may be selected from the Grade 6 Pairs Table provided it is performed by two pairs simultaneously or in immediate succession. The pair elements performed must be identical and will receive the same difficulty as in Grade 6 pairs although the difficulty is given for each pair.		
B	Base positions in row B have 3 value. The position of the Top is added for difficulty. One pyramid may be performed from the Base positions shown. All Top positions are on straight arms of the Base or Bases. In the case of Base position (iv) the highest valued Top position is given difficulty. The value of the position of the Top is added to the value of the position of the Base for difficulty in row B.		
	Value 1	Value 2	Value 3
	(i) Straddle lever (ii) Pike lever (iii) Straddle lever on head and hand support (iv) Crocodile on head and hand support	(v) One arm crocodile on head (vi) Long arm handstand	(vii) from 1" lever hold, motion to handstand for 3" (viii) 1- Arm handstand on head
C	Value 3	Value 4	These Base positions have value 4
	(i) Base 1 and Base 2 in bridge, 3rd man standing freely on their thighs, one foot on each Base. Top standing on supported shoulders of 3rd man. (ii) Base 1 and Base 2 in back support, 3rd man standing freely on their thighs, one foot on each Base. Top standing supported on shoulders of 3rd man. (iii) Base 1 and Base 2 standing facing each other. 3rd man in shoulder stand on straight arms of Base 1 holding the wrists of Base 2. Top in handstand on straight arms of Base 2.	(iv) Base 1 and Base 2 standing side by side with 3rd man in supported chair position on the Bases' shoulders with one foot on each shoulder. Top standing supported on knees of 3rd man. (v) Base 1 and Base 2 standing side by side with 3rd man standing supported on their shoulders with one foot on each shoulder. Top standing supported on shoulders of 3rd man.	(vi) Base 1 and Base 2 stand facing each other and 3rd Man stands in hands of Base 1 and Base 2. Top in short arm hold or head of 3rd man. (vii) Base 1 and Base 2 stand side by side and 3rd man stands supported on shoulders of Base 1 and Base 2. Top in short arm hold or head of 3rd man. (viii) Base 1 and Base 2 lunge side by side 3rd man stands supported on thighs of Base's, one foot on each thigh. Top in long arm hold or head of 3rd man.
			Additional value for the position of the Top. (i) Top in straddle lever on head and hand (ii) Top in crocodile on head and hand support (+1) (iii) Top in long arm handstand (+2)
D	Base positions below have 4 value, difficulty is including the position of the Top.	The Base positions shown below have a difficulty of 4 values .	The Base positions shown below have a difficulty of 6 values .
	(i) Base 1 and Base 2 standing facing each other. 3rd man in shoulder stand on straight arms of Base 1 holding the wrists of Base 2. Top motions from straddle lever 1" to handstand 3" on straight arms of Base 2. (ii) Base 1 in back support. Base 2 standsfreely on thighs of Base 1. 3rd man in supported stand on thighs of Base 2. Top in supported stand on shoulders of 3rd man.	(i) Base 1 and Base 2 stand facing each other and 3rd Man stands in hands of Base 1 and Base 2. Top in long arm hold or head of 3rd man. (ii) Base 1 and Base 2 stand side by side and 3rd man stands supported on shoulders of Base 1 and Base 2. Top in long arm hold or head of 3rd man	Base 1 in back support, Base 2 in chair position on thighs of Base 1. 3rd man standing supported on knees of Base 2. Top in long arm hold or head of 3rd man.
		(i) Pike lever on hands (+1) (ii) Straddle lever on hands (+1) (iii) Straddle lever on hand and head (+1) (iv) Crocodile on head and hand (+1) (v) 1 arm crocodile on head (+2) (vi) handstand on head and hand (+2) (vii) Handstand (+2)	(viii) One arm handstand on head (+3) (ix) Top planche (+3) (x) Lever from 1" straddle hold to 3" long arm handstand (+3)
Three Category 1 elements MUST be included one from each section (static, flexibility and agility) of the FIG Tables of Difficulty. Minimum difficulty 1 and maximum difficulty 10.			

Grade 6 Men's Group Balance

Requirements & Restrictions

Either 2 pyramids must be performed or 1 pyramid and a pair element from row A
3 x 3" holds

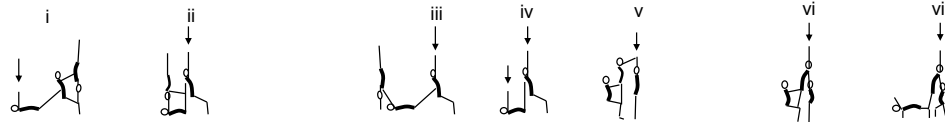
An unsupported handstand (3") chosen from the NDP8 Tables of Difficulty (excluding planche) must be performed by the Top in a minimum of 1 pyramid.

A

As an alternative to one pyramid a single pair element may be selected from the Grade 6 Pairs Table provided it is performed by two pairs simultaneously or in immediate succession. The pair elements performed must be identical and will receive the same difficulty as in Grade 6 pairs although the difficulty is given for each pair.

B

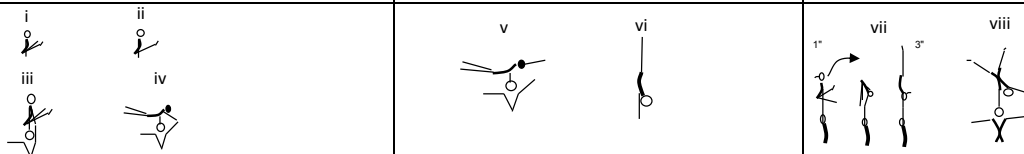
Base positions in row B have 3 value. The position of the Top is added for difficulty.



Value 1

Value 2

Value 3

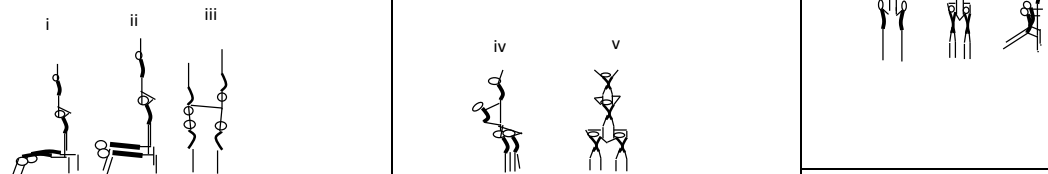


C

Value 3

Value 4

These Base positions have value 4



Additional value for the position of the Top.

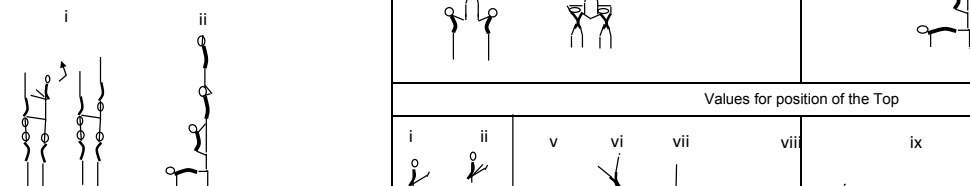


D

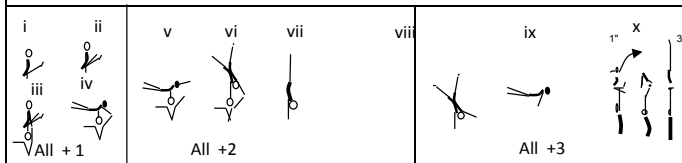
Base positions below have 4 value, difficulty is including the position of the Top.

The Base positions shown below have a difficulty of 4 values .

The Base position shown below have a difficulty of 6 values .

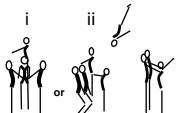
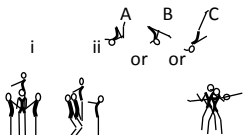

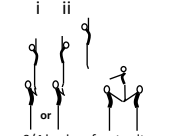
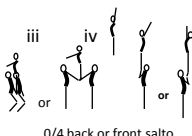
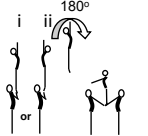
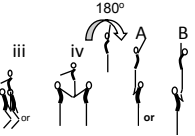
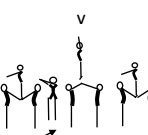
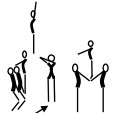
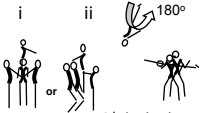
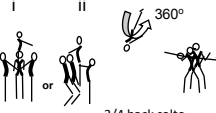
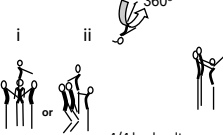

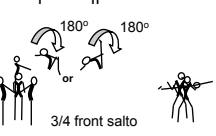
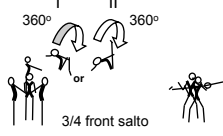
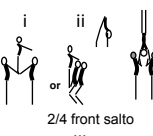

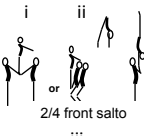

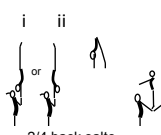
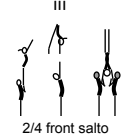



Values for position of the Top



Three Category 1 elements MUST be included one from each section (static, flexibility and agility) of the FIG Tables of Difficulty.
Minimum difficulty 1 and maximum difficulty 10.

Grade 6 Men's Group Dynamic			
Requirements & Restrictions A forwards and backwards group element must be included Only one element may be performed where only 3 partners are working together without the fourth			
	1	2	3
A	(i) & (ii) From 3-man platform or pitch, Top is thrown for straight back salto dismount.	(i) & (ii) From 3-man platform or pitch, Top is thrown for 5/4 tuck, pike or straight back salto to catch in cradle.	(i) & (ii) From 3-man platform or pitch, Top is thrown for 8/4 (double) back salto dismount.
B	(i) & (ii) From stand in hands with one Base facing in or out, Top in straight jump forwards or backwards to catch on platform of the other two Bases. (iii) & (iv) From 2-man pitch or platform, Top in straight jump forwards or backwards to land in hands of other Base.	(i) & (ii) From stand in hands with one Base facing in or out, Top in straight jump forwards or backwards with 180° twist to catch on platform of the other two Bases. (iii) & (iv) From 2-man pitch or platform, Top in straight jump forwards or backwards with 180° twist to land in hands of other Base. (v) From 2-man platform Top in straight jump to be re-caught in stand on platform with a change of Base.	From foot pitch, Top in straight jump to be caught on platform with a change of Base.
C	(i) & (ii) From 3-man platform or pitch, Top is thrown for a 3/4 straight back salto with 180° twist to catch in cradle.	(i) & (ii) From 3-man platform or pitch, Top is thrown for a 3/4 straight back salto with 360° twist to catch in cradle.	(i) & (ii) From 3-man platform or pitch, Top is thrown for a straight back salto with 360° twist to dismount.
D	From 3-man platform Top is pitched for a 3/4 tuck, pike or straight front salto to catch in cradle.	From 3-man platform Top is pitched for a 3/4 tuck, pike or straight front salto with 180° twist to catch in cradle.	From 3-man platform Top is pitched for a 3/4 tuck, pike or straight front salto with 360° twist to catch in cradle.
E	(i) & (ii) From stand on platform or from foot pitch the Top is pitched for a front 1/2 salto to catch in short arm handstand (courbette). No change of Base from the platform or pitch to the catch. (iii) Working as two pairs. Bases pitches the Top and 3rd man who in a front 1/2 salto (courbette) to catch in reverse short arm handstand.	(i) & (ii) From 2-man platform or foot pitch courbette to be caught by 3rd man in short arm handstand (iii) From 2-man platform or foot pitch, courbette to short arm handstand of 2 partners with change of Base.	(i) & (ii) From handstand or reverse handstand on Base 1, Top in reverse courbette (from hands to feet) to land on the 2-man platform. (iii) From stand in hands of Base 1, Top in courbette to short arm handstand in hands of 3rd man and Base 2. (iv) From 2-man foot pitch, Top in back 2/4 straight salto to be caught in short arm handstand. The catch should involve a change of Base.
Three elements, minimum of value 1, from Category 2 of the FIG Tables of Difficulty MUST be included although will not count towards difficulty. Minimum difficulty 1 and maximum difficulty 12. N.B. A salto MUST be included.			

Grade 6 Men's Group Dynamic			
Requirements & Restrictions A forwards and backwards group element must be included Only one element may be performed where only 3 partners are working together without the fourth			
	1	2	3
A	 <p>4/4 back salto</p>	 <p>5/4 back salto to cradle</p>	 <p>8/4 back salto</p>
B	 <p>0/4 back or front salto</p>  <p>0/4 back or front salto</p>	 <p>0/4 back or front salto</p>  <p>0/4 back or front salto</p>  <p>0/4 back or front salto</p>	 <p>0/4 back or front salto</p>
C	 <p>3/4 back salto</p>	 <p>3/4 back salto</p>	 <p>4/4 back salto</p>
D	 <p>3/4 front salto</p>	 <p>3/4 front salto</p>	 <p>3/4 front salto</p>
E	 <p>2/4 front salto</p>  <p>2/4 front salto</p>	 <p>2/4 front salto</p>  <p>2/4 front salto</p>	 <p>2/4 back salto</p>  <p>2/4 front salto</p>  <p>2/4 back salto</p>
Three elements, minimum of value 1, from Category 2 of the FIG Tables of Difficulty MUST be included although will not count towards difficulty. Minimum difficulty 1 and maximum difficulty 12. N.B. A salto MUST be included.			