

## Grade 1 Pairs

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



## Grade 2 Pairs

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

### Grade 3 Pairs Balance

	<b>1</b>	<b>2</b>	<b>3</b>
<b>A</b>	(i) Handstand on shoulders of base, base standing. (ii) Short arm handstand, base lying. (iii) Handstand on knees of base. In all of the above the handstand should show a straight body position.	(i) Short arm hand to hand. (ii) Pitch half turn to stand in hands (final position should be static).	Base standing - (i) Straight arm stand on hands. (ii) Straight arm handstand. (iii) Handstand on head with one arm support.
<b>B</b>	(i) Front or back angel slide to split. (ii) Stand in hands base sit. In both cases the base may pass through kneeling to achieve the final position.	Start position straddle lever held for 1" (i) Base transitions to sit. (ii) Base slides to split, should not pass through kneeling.	Short arm handstand 1". (i) Base sits 3". (ii) Base slides to split 3", should not pass through kneeling.
<b>C</b>	(i) Straddle lever 2/2 base lying. (ii) Straddle lever on bases head and arm, base sitting. (iii) Straddle lever on straight arms, base standing. In all cases the legs of the top should be above the horizontal.	Lever on straight arms, base lying, top uses power to lift to handstand.	(i) Straight handstand 1" straddle down to lever 3". (ii) Handstand on head supported by one arm 1", straddle down to lever 3".
<b>D</b>	(i) Straddle lever on feet of base. (Legs must be above horizontal). (ii) Elbow planche (crocodile) on knee and arm of base, base lying. (iii) Supported straddle split on bases feet, base lying.	(i) Straddle lever on shoulder stand. (ii) Elbow planche (crocodile) on straight arms, base standing. (iii) Elbow planche (crocodile) on head with one arm support, base standing. (iv) Supported straddle split on bases feet, base in shoulder stand.	(i) As for D2(i) arms free. (i) As for D2(iv) arms free. (ii) Straddle lever on head and one arm 1" to crocodile 3". (iii) Straddle lever on straight arms 1" to short arm handstand 3". (iv) Straddle lever on straight arms 1" to crocodile 3". (v) Reverse of above.
<b>E</b>	(i) Straight arm stand on hands, base lying. (ii) One foot stand on shoulders. (iii) One foot stand on shoulders. (iv) Pike lever to straddle lever, base lying. 1" hold to 3" hold. (v) Reverse of above. 1" hold to 3" hold.	(i) Back angel on one arm base standing. (ii) One foot stand on shoulder one arm support. (iii) Arabesque on shoulder one arm support. (iv) Wine glass on shoulder one arm support. (v) Handstand on shoulders 1" slide to split 3". (vi) Front angel 1", to sit 1", to lie 3". (vii) Cut through to lever. (viii) Straight arm straddle lever 2/2.	(i) One foot stand on short arm. (ii) Back angel 1", base slide to split 3", not through kneeling. (iii) Short arm handstand 1" to base lying 3". (iv) Ping off back of leg to straddle lever 3". (v) Straddle lever 1", to sit 1", to lie 3". (vi) From stand on knees 1" cut through to lever 3". (vii) Cut through to short arm handstand.
<b>F</b>			
<b>Cat 1</b>	Value 1	Value 2	Value 3
<b>Cat 1</b>	Value 1	Value 2	Value 3
<b>Cat 1</b>	Value 1	Value 2	Value 3
<b>Cat 1</b>	Value 1	Value 2	Value 3

### Grade 3 Pairs Dynamic

	<b>1</b>	<b>2</b>	<b>3</b>
<b>A</b>	No element available.	Pitch straight jump, feet of the top should reach the shoulders of the base. This element can be used twice but will only be given difficulty in one instance.	Pitch straight jump to catch. A clear flight phase should be shown.
<b>B</b>			Pitch tuck back somersault. The somersault should take place above the shoulders of the base.
<b>C</b>	Supported 360° jump. The base should aim to extend arms vertically. The hips of the top should reach the shoulders of the base. Try to avoid twisting immediately from the floor.	From short arm stand in hands straight jump dismount. The release should occur when the bases arms are fully extended. This element may be performed with the top in either direction.	(i) From stand on shoulders tuck back dismount. The base should make a half turn in order to support the landing. (ii) From stand in hands tuck back dismount.
<b>D</b>	(i) From front angel pitch straight dismount to floor. (ii) From floor supported straight jump, this element should show a release at the top. (iii) From back angel pitch to catch in wrap, release must be shown.	(i) Boosted straight jump to front angel, a release should be seen after the boost. (ii) Roundoff supported straight jump, a release should be seen in this element at the top of the jump. (iii) From front support 180° turn to back support.	(i) Pitch to catch in front angel. (ii) Short arm stand in hands front salto dismount. (iii) Roundoff supported jump to catch in back angel. (iv) Front angel half turn to catch in back angel.
<b>E</b>	(iv) From front angel pitch to catch in wrap. (v) Leg pitch salto, (stick back) shape optional.	(iv) From back support 180° turn to front support. (v) From front angel pitch with half turn to catch in wrap. (vi) From front angel half turn to catch in back support. (vii) From handstand, 2/4 salto to floor.	(v) From stand in hands 180o turn to catch in stand in hands. (vi) From stand in hands 180o turn to catch in stand in hands. (vii) From short arm handstand 2/4 salto to catch in back angel. (viii) From short arm handstand hecht to floor.
<b>F</b>			(ix) From short arm hand stand 2/4 straight dismount, base makes 180° turn to support landing.
<b>Cat 2</b>	Value 1	Value 2	Value 4
<b>Cat 2</b>	Value 1	Value 2	Value 4
<b>Cat 2</b>	Value 1	Value 2	Value 4
<b>Cat 2</b>	Value 1	Value 2	Value 4

### Grade 4 Pairs Balance

	<b>1</b>	<b>2</b>	<b>3</b>
<b>A</b>	Base standing - (i) Straight arm stand on hands. (ii) Straight arm handstand. (iii) Handstand on head with one arm support.	(i) Two on one short arm handstand. (ii) One arm handstand on head, base sitting.	(i) One arm handstand on head. (ii) One arm handstand on short arm.
<b>B</b>	Short arm handstand 1". (i) Base sits 3". (ii) Base slides to split 3", should not pass through kneeling.	270°-360° Spiral down on long arm one arm - Top position optional.	(i) 2/1 short arm 1" base sits 3". (ii) Elbow planche on one arm (crocodile), elbow interlock support 1", base sit 3".
<b>C</b>	(i) Straight handstand 1" straddle down to lever 3". (ii) Handstand on head supported by one arm 1", straddle down to lever 3".	Cut through to short arm immediate push to long arm where the element is held for 3".	Cut through to straight arm hand to hand.
<b>D</b>	(i) As for D2(i) arms free. (ii) As for D2(iv) arms free. (iii) Straddle lever on head and one arm 1" to crocodile 3". (iv) Straddle lever on straight arms 1" to short arm handstand 3". (v) Straddle lever on straight arms 1" to crocodile 3". (vi) Reverse of above.	(i) Straddle lever 2/1 on the straight arm of the base. (ii) Handstand on the feet of the base, base may support his/her legs with their own arms.	(i) Handstand on shoulder stand. (ii) One foot stand on straight arm o base. (iii) Elbow planche (crocodile) on straight arm of base.
<b>E</b> <b>F</b>	(i) One foot stand on short arm. (ii) Back angel 1", base slide to split 3", not through kneeling. (iii) Short arm handstand 1" to base lying 3". (iv) Straddle lever 1", to sit 1", to lie 3". (v) From stand on knees 1" cut through to lever 3". (vi) Cut through to short arm handstand.	(i) Arabesque on shoulder top holding own leg. (ii) Wine glass on single short arm. (iii) One foot stand on straight arm, base lying. (iv) One arm planche (crocodile) on head. (v) Straddle lever 2/1 straight arm 1", base slides to split or transitions to sit 3". (vi) Reverse lift to short arm handstand. (vii) Half Mexican handstand in short arm. (viii) Straddle lever on straight arms 2/2, 1", press to handstand 3".	(i) Wine glass on single long arm. (ii) Arabesque on straight arm of top holding own leg. (iii) Elbow planche (crocodile) on head 1" Base sits 3". (iv) Elbow planche (crocodile) on head of base, base sitting 1", base stands 3". (v) Flag on head with support of one arm. (vi) 2/1 straddle lever 1" base moves to back support 3". (vii) Straight arm half Mexican. (viii) 2/2 straddle lever 1" press to handstand 3".
<b>Cat 1</b>	Value 2	Value 3	Value 4
<b>Cat 1</b>	Value 2	Value 3	Value 4
<b>Cat 1</b>	Value 2	Value 3	Value 4
<b>Cat 1</b>	Value 2	Value 3	Value 4

## Grade 4 Pairs Dynamic

	<b>1</b>	<b>2</b>	<b>3</b>
<b>A</b>	Pitch straight jump to catch. A clear flight phase should be shown.	From short arm stand in hands straight jump to catch in short arm stand in hands.	
<b>B</b>	Pitch tuck back somersault. The somersault should take place above the shoulders of the base.	Pitch pike back somersault to floor.	
<b>C</b>	(i) From stand on shoulders tuck back dismount. The base should make a half turn in order to support the landing. (ii) From stand in hands tuck back dismount.	(i) From stand on shoulders pike back dismount. The base should make a half turn in order to support the landing. (ii) From stand in hands pike back dismount.	(i) From stand on shoulders straight back dismount. The base should make a half turn in order to support the landing. (ii) From stand in hands straight back dismount.
<b>D E F</b>	(i) Pitch to catch in front angel. (ii) Short arm stand in hands front salto dismount. (iii) Roundoff supported jump to catch in back angel. (iv) Front angel half turn to catch in back angel. (v) From stand in hands 180o turn to catch in stand in hands. (vi) From stand in hands 180o turn to catch in stand in hands. (vii) From short arm handstand 2/4 salto to catch in back angel. (viii) From short arm handstand hecht to floor. (ix) From short arm hand stand 2/4 straight dismount, base makes 180° turn to support landing.	(i) Pitch half turn to back angel. (ii) Roundoff tuck back over head of base. (iii) Front angel half turn to wrap. (iv) Front angel to catch in back support. (v) Short arm handstand 2/4 salto to back angel, base may half turn to make the catch. (vi) Reverse short arm handstand 2/4 salto (courbette) to stand in hands. (vii) Short arm stand in hands pike front salto dismount to floor.	(i) Pitch 2/4 salto to catch in short arm handstand. (ii) Roundoff straight salto over the head of base. (iii) Pitched pike or tuck salto over head to floor. (iv) Pitcehd piked or tuck salto over head to catch in wrap. (v) Stand in short arm hands 2/4 salto (courbette) to short arm handstand. (vi) Pitch half turn to short arm handstand. (vii) From stand in short arm hands pike front to wrap. (viii) From stand in short arm hands ¾ pike front to catch.
<b>Cat 2</b>	Value 1	Value 2	Value 5
<b>Cat 2</b>	Value 1	Value 2	Value 5
<b>Cat 2</b>	Value 1	Value 2	Value 5
<b>Cat 2</b>	Value 1	Value 2	Value 5

## Grade 1 Women's Groups

	<b>1</b>	<b>2</b>	<b>3</b>
<b>A</b>	Bases legs should be straight, the middle should be supported by the base with the top standing straight. The middle may give slight support the top to maintain this position.	The handstand of the top should be straight and vertical. It is recognised that the position of the other two partners will vary dependent upon size.	Stand on bridge, top in handstand. Both the middle and top should be straight and vertical. The base should try to achieve a good bridge before dropping the hips to flatten the legs to achieve a good base.
<b>B</b>	(i) The lunge may be on either leg and may be different for each partner. The position of the top should be on-balance and upright. This is <u>not</u> a counter balance.  (ii) The wine glass is performed with arms straight and joined by the hands.	Handstand on lunge – The point of support on the top is optional although the top should be on balance and not leaning. Bases should show a good lunge position. Either leg may be used.	The top should be vertical and straight. The final position should show a straight line through the bases arms, the arms of the middle and the handstand of the top. The legs of the base may have to move past the vertical to achieve this.
<b>C</b>	The top should be upright and straight, the middle should be as flat as possible. The bases arms should be vertical.	As for C1 although the base is now lying back. A straight line should be seen through the arms of the base and the middle.	Top in front support on straight arms of the base and middle. One partner may have to lunge in order to achieve a flat position by the top. Bases & top may face either direction. Front or back support.
<b>D</b>	From standing jump back to cradle. Flight should be seen before the catch.	Supported flic – while there are few directives for this move it is a trio element and not an element performed by one and followed by others.	Roundoff straight jump ¼ to catch in cradle. This is a dynamic element and flight should be seen before the catch.
<b>E</b>	Dive to front support – this may be from a run or standing. Flight should be seen before the catch.	From front support pitch 180° turn to back support. This may start on back and go to front. The top should be straight with good tension throughout.	Entry as for E1, there may be a slight pause before the pitch 360° turn. The top should be straight with good tension throughout.
<b>F</b>	This is a supported jump, shape being optional. The focus is on timing and working together. The partners do not have to release although releasing the upper arm of the top will allow a better lift.	As for F1 with a second consecutive jump. The shape of each jump is optional and may be repeated although this will influence artistry.	Supported handspring. The bases should lift the top above their heads in the performance of this element, there is no release. The top should show a straight body throughout the lift.
<b>Flex</b>	(i) Bridge – (ii) Japana -	(i) Any splits – (ii) From standing drop back to bridge -	(i) Backward walkover- (ii) Forward walkover- (iii) Valdez
<b>Stand</b>	(i) Any one foot stand 2"– (ii) V sit 2"	(i) Bent leg headstand 2" – (i) Tuck half lever 2" -	(i) Headstand 2" (i)Arabesque 2" (ii)Half lever 2" (iii)Straddle lever 2"
<b>Agility</b>	(i) Forward roll to straddle stand (i) Backward roll to straddle stand	(i) Handstand forward roll to stand. (ii) One arm cartwheel.	(i) Backward roll to handstand. (i) Flic walkout (ii) Dive roll
<b>Tumble</b>	Cartwheel, chasse, cartwheel -	(i) Cartwheel, chasse step, Round off, straight jump. (i) Round off, stretch jump, backward roll.	(i) Round off, 1/2 turn, cartwheel. (i) Round off, 1/2 turn Round off

## Grade 2 Women's Groups

	<b>1</b>	<b>2</b>	<b>3</b>
<b>A</b>	Stand on bridge, top in handstand. Both the middle and top should be straight and vertical. The base should try to achieve a good bridge before dropping the hips to flatten the legs to achieve a good base.	(i) In order to achieve this position the middle, standing on knees, may have to be leaning slightly forward although this should not be excessive. The top should be straight and upright. (ii) As above with middle facing opposite way. Middle and top may support each other.	(i) As for A2(i) although top and middle may <u>not</u> support each other. (ii) As for A2(ii) although top and middle may <u>not</u> support each other.
<b>B</b>	The top should be vertical and straight. The final position should show a straight line through the bases arms, the arms of the middle and the handstand of the top. The legs of the base may have to move past the vertical to achieve this.	Base in lunge top stands upright on shoulders of base. Straddle lever is performed on the shoulder and calf of the base. There should be no contact between the bodies of the base and middle.	Base and middle as for B2 the top performs straight arm straddle lever. The legs of the top should be above the horizontal.
<b>C</b>	Top in front support on straight arms of the base and middle. One partner may have to lunge in order to achieve a flat position by the top. Bases & top may face either direction. Front or back support.	(i) Base and middle are lying with arms straight hands joined. Top performs a straddle lever on bases hands. Legs of the top should be above horizontal. (ii) Bases kneeling, top in splits on shoulders. This is supported by the bases.	(i) Top as for C2(i) bases standing with arms straight hands joined. One partner may have to lunge to achieve this balance. (ii) Supported split on straight arm. The top is supported by the hands by each base.
<b>D</b>	Roundoff straight jump ¼ to catch in cradle. This is a dynamic element and flight should be seen before the catch.	Roundoff supported jump. Both bases assist the jump; an element of flight should be seen. Top straight throughout jump.	Roundoff to log – flight should be evident before the catch. Position of the bases is optional. The final position is on straight arms of the bases.
<b>E</b>	Entry as for Grade 1 E1, there may be a slight pause before the pitch 360° turn. The top should be straight with good tension throughout.	As for E1 although the pitch 360° must be immediate.	(i) Front or back ¾ dismount from cradle to floor. (Flight MUST be shown) (ii) 540° horizontal log
<b>F</b>	Supported handspring. The bases should lift the top above their heads in the performance of this element, there is no release. The top should show a straight body throughout the lift.	(i) Double Pitch straight jump to floor supported by partners on landing. (ii) Pitch from platform straight jump to floor supported on landing.	(i) Double Pitch straight ¼ salto to front support. (ii) Pitch from platform straight ¼ salto to front support.
<b>Fle x</b>	(i) Backward walkover- (ii) Forward walkover- (iii) Valdez	(i) Change Leg Walkover (ii) One hand walkover forwards (iii) One hand walkover backwards	(i) Back walkover (ii) Forward elbow walkover to any splits (iii) Healy turn (iv) 360' jump to splits (v) One Hand Valdez
<b>Sta nd</b>	(i) Headstand 2" (ii) Arabesque 2" (iii) Half lever 2" (iv) Straddle lever 2"	(i) Handstand 180° turn. control at the end of the turn should be shown. (ii) Wine glass 2"	(i) Handstand 360' turn control at the end of the turn should be shown. (ii) Chest balance 2" (iii) Tuck top planche 2"
<b>Agi lity</b>	(i) Backward roll to handstand. (ii) Flic walkout (iii) Dive roll	(i) Handspring to stand (ii) Flic to knee	(i) Free cartwheel (ii) Handspring 180' turn to front support (iii) Hecht Dive roll
<b>Tu mb le</b>	(i) Round off, 1/2 turn, cartwheel. (ii) Round off, 1/2 turn Round off	(i) Handspring (ii) Flyspring (iii) Roundoff Flic	(i) Two handsprings (ii) Round off two flics (iii) Handspring to one, round off flic

### Grade 3 Women's Groups Balance

	<b>2</b>	<b>4</b>	<b>6</b>
<b>A</b>	<p>(i)As for Grade 2 A2(i) although top and middle may <u>not</u> support each other.</p> <p>(ii)As for Grade 2 A2(ii) although top and middle may <u>not</u> support each other.</p>	<p>Three high column on bases knees. A straight line should run upwards through the bases legs and through the middle and top.</p>	<p>(i)As for A4 although the top is in straddle lever, legs should be above the horizontal.</p> <p>(ii)As above pike lever one leg bent.</p> <p>(iii)As above top in tuck lever.</p> <p>(iv)Any of the above top positions with the base in back support.</p> <p>(v)Any of the above top positions with the base in bridge.</p>
<b>B</b>	<p>Base and middle as for Grade 2 B2 the top performs straight arm straddle lever. The legs of the top should be above the horizontal.</p>	<p>(i)Base in lunge, top in shoulder stand, middle performs an optional balance on the calf and shoulder of base.</p> <p>(ii)Base in lunge, top in shoulder stand, middle performs an optional balance on the knee and shoulder of base.</p> <p>(iii)Any Cat. 2 Balance from the FIG Table of Difficulty - Minimum Value for the base position 3V - Top position is optional but receives NO extra difficulty (however, the top must be in a position of value as indicated in the FIG Tables of Difficulty).</p>	<p>(i)Base in lunge, top in straddle lever, legs should be above the horizontal. Middle performs handstand on the calf and shoulder of base.</p> <p>(ii)Base in lunge top in short arm handstand. Middle performs straddle lever on the calf and shoulder of base.</p> <p>(iii)Any Cat. 2 Balance from the FIG Table of Difficulty - Minimum Value for the base position 4V - Top position is optional but receives NO extra difficulty (however, the top must be in a position of value as indicated in the FIG Tables of Difficulty).</p>
<b>C</b>	<p>(i)Top as for Grade 2 C2(i) bases standing with arms straight hands joined. One partner may have to lunge to achieve this balance.</p> <p>(ii)Supported split on straight arm. The top is supported by the hands by each base.</p>	<p>(i)Top as for Grade 2 C2(i) bases standing with arms straight hands joined 1". One partner may have to lunge to achieve this balance. Top transitions to elbow planche (crocodile) 3".</p> <p>(ii)Same base position starting in elbow planche (crocodile) 1" transition to straddle lever 3".</p>	<p>(i)Top as for Grade 2 C2(i) bases standing with arms straight hands joined. One partner may have to lunge to achieve this balance. Top performs straight arm handstand 1" and then straddle down to half lever 3".</p> <p>(ii)Base and middle in bridge one leg raised top performs straddle lever, legs above the horizontal.</p>
	<b>1</b>	<b>2</b>	<b>3</b>
<b>Cat 1</b>	Value 1	Value 2	Value 3
<b>Cat 1</b>	Value 1	Value 2	Value 3
<b>Cat 1</b>	Value 1	Value 2	Value 3
<b>Cat 1</b>	Value 1	Value 2	Value 3

### Grade 3 Women's Groups Dynamic

	<b>1</b>	<b>2</b>	<b>3</b>
<b>A</b>	From supported short arm handstand bases simultaneously pitch the top towards straight arm, it may be necessary to release the arm supporting the upper arm of the top to achieve this well. There is no release in this element. The finishing position is again in short arm.	From supported short arm handstand bases simultaneously pitch the top ¼ salto either forwards or backwards to catch in front support (cradle). A clear release should be seen in this element.	(i)From platform 2/4 salto (courbette) to handstand. (ii)From short arm handstand ¾ salto either forwards or backwards to catch in cradle.
<b>B</b>	Roundoff to log – flight should be evident before the catch. Position of the bases is optional. The final position is on straight arms of the bases.	Roundoff boosted tuck salto over the heads of bases. Bases turn to assist the landing.	(i)Roundoff boosted pike salto over the heads of bases. Bases turn to assist the landing. (ii)Roundoff boosted straight salto over the heads of bases. Bases turn to assist the landing.
<b>C</b>	(i)Front or back 3/4 dismount from cradle to floor. (ii)540° horizontal log	From cradle 720° twist back to cradle. This may start on either the front or the back.	(i)From cradle 2/4 turntable with 180° twist. This may start on front or back. (ii)From cradle 4/4 turntable.
<b>D</b>	From platform pitch straight jump back to platform. Control should be seen before the exit to the floor.	From platform tuck, straddle or pike jump back to platform.	From platform straight jump with 180° twist back to platform.
<b>E</b>	(i)Double Pitch straight ¼ salto to front support. (ii)Pitch from platform straight ¼ salto to front support.	From platform ¾ tuck salto either forwards or backwards to cradle.	From platform ¾ pike salto either forwards or backwards to platform.
<b>F</b>	(i)From double pitch tuck back dismount to the floor. Partners support the landing. (ii)From platform pitch tuck back dismount to the floor. Partners support the landing. A front salto may be performed as an alternative in the case of (i) bases would turn to support the landing.	(i)Double pitch pike back dismount to floor, bases support landing. (ii)Platform pike back dismount to floor, bases support landing.	(i)Double pitch straight back dismount to floor, bases support landing. (ii)Platform straight back dismount to floor, bases support landing.
<b>Cat 2</b>	Value 1	Value 2	Value 4
<b>Cat 2</b>	Value 1	Value 2	Value 4
<b>Cat 2</b>	Value 1	Value 2	Value 4
<b>Cat 2</b>	Value 1	Value 2	Value 4

## Grade 4 Women's Groups Balance

	<b>2</b>	<b>4</b>	<b>6</b>
<b>A</b>	<p>(i)As for A4 although the top is in straddle lever, legs should be above the horizontal.</p> <p>(ii)As above pike lever one leg bent.</p> <p>(iii)As above top in tuck lever.</p> <p>(iv)Any of the above top positions with the base in back support.</p> <p>(v)Any of the above top positions with the base in bridge.</p>	<p>(i) From column on knees tops presses to short arm handstand, this <u>must</u> be a lift.</p> <p>(ii) As for A1(iv) although the base may only use one hand to support themselves. Top in 2/2 lever (hands on top of each other).</p> <p>(iii) As for A1(v) top in 2/2 lever (hands on top of each other).</p> <p>(i)</p>	<p>(i) Half column, base on knees, top in straight arm hand to hand 1", straddle down to half lever 3". Legs should be above the horizontal in the straddle.</p> <p>(ii) Half column straight arm hand to hand 3".</p> <p>Alternate base positions are also shown.</p> <p>(i)</p>
<b>B</b>	<p>(i)Base in lunge, top in shoulder stand, middle performs an optional balance on the calf and shoulder of base.</p> <p>(ii)Base in lunge, top in shoulder stand, middle performs an optional balance on the knee and shoulder of base.</p> <p>(iii)Any Cat. 2 Balance from the FIG Table of Difficulty - Minimum Value for the base position 4V - Top position is optional but receives NO extra difficulty (however, the top must be in a position of value as indicated in the FIG Tables of Difficulty).</p>	<p>Any Balance from the FIG Table of Difficulty - Minimum Value for the base position <u>6V</u> - Top position is optional but receives NO extra difficulty (However, the top must be in a position of value as indicated in the FIG Tables of Difficulty).</p> <p>N.B. An unsupported handstand chosen from any position in the handstand table in the Tables of Difficulty must be performed by the top in a minimum of 1 pyramid. (This Special Requirement cannot be met by the middle acting as the top).</p>	<p>Any Balance from the FIG Table of Difficulty - Minimum Value for the base position <u>8V</u> - Top position is optional but receives NO extra difficulty (However, the top must be in a position of value as indicated in the FIG Tables of Difficulty).</p> <p>N.B. An unsupported handstand chosen from any position in the handstand table in the Tables of Difficulty must be performed by the top in a minimum of 1 pyramid. (This Special Requirement cannot be met by the middle acting as the top).</p>
<b>C</b>	<p>(i)Top as for Grade 2 C2(i) bases standing with arms straight hands joined. One partner may have to lunge to achieve this balance. Top performs straight arm handstand 3" and then straddle down to half lever 3". NOTE 2 x 3"</p> <p>(ii)Base and middle in bridge one leg raised top performs straddle lever, legs above the horizontal.</p>	<p>Any Balance from the FIG Table of Difficulty - Minimum Value for the base position <u>6V</u> - Top position is optional but receives NO extra difficulty (However, the top must be in a position of value as indicated in the FIG Tables of Difficulty).</p>	<p>(i)Any Balance from the FIG Table of Difficulty - Minimum Value for the base position <u>8V</u> - Top position is optional but receives NO extra difficulty (However, the top must be in a position of value as indicated in the FIG Tables of Difficulty).</p>
	<b>1</b>	<b>2</b>	<b>3</b>
<b>Cat 1</b>	Value 2	Value 3	Value 4
<b>Cat 1</b>	Value 2	Value 3	Value 4
<b>Cat 1</b>	Value 2	Value 3	Value 4
<b>Cat 1</b>	Value 2	Value 3	Value 4

### Grade 4 Women's Groups Dynamic

	<b>1</b>	<b>2</b>	<b>3</b>
<b>A</b>	(i)(i) From platform 2/4 salto (courbette) to handstand. (i)(ii) From short arm handstand ¾ salto either forwards or backwards to catch in cradle.	From short arm handstand 6/4 tuck salto (Tsukahara) to floor. Bases support landing.	(i)From short arm handstand 6/4 pike salto (Tsukahara) to floor. Bases support landing.
<b>B</b>	(i)(i) Roundoff boosted pike salto over the heads of bases. Bases turn to assist the landing. (ii)(ii) Roundoff boosted straight salto over the heads of bases. Bases turn to assist the landing.	Roundoff boosted pike ¾ salto over the heads of bases to catch in cradle.	(i)Ro Roundoff boosted straight ¾ salto over the heads of bases to catch in cradle.
<b>C</b>	(i)(i) From cradle 2/4 turntable with 180° twist. This may start on front or back. (ii)(i) From cradle 4/4 turntable.	From cradle 2/4 turntable with 360° twist. This may start on front or back.	(i) 4/4 Turntable with 360° twist. This may start on front or back.
<b>D</b>	From platform straight jump with 180° twist back to platform.	Roundoff to catch in long swing. Top should show a full extension prior to being caught.	Roundoff to catch in long swing. Top should show a full extension prior to being caught. Swing to handstand immediate minimum ¼ salto to either back or front, caught in cradle.
<b>E</b>	From platform ¾ pike salto either forwards or backwards to platform.	From platform ¾ straight salto either forwards or backwards to platform.	From double pitch or platform 5/4 tuck or pike forward or backward salto to cradle. From double pitch or platform 3/4 straight forward or backward salto with 180° twist to cradle.
<b>F</b>	(i)(i) Double pitch straight back forward or backward salto dismount to floor, bases support landing. (ii)(ii) Platform straight back forward or backward salto dismount to floor, bases support landing.	(i)(i) Double pitch straight back forward or backward salto with 180° twist dismount to floor, bases support landing. (ii) Platform straight back forward or backward salto with 180° twist dismount to floor, bases support landing.	(i)(i) Double pitch straight forward or backward salto with 360° twist dismount to floor, bases support landing. (ii)(ii) Platform straight forward or backward salto with 360° twist dismount to floor, bases support landing.
<b>Cat 2</b>	Value 1	Value 2	Value 5
<b>Cat 2</b>	Value 1	Value 2	Value 5
<b>Cat 2</b>	Value 1	Value 2	Value 5
<b>Cat 2</b>	Value 1	Value 2	Value 5

## Grade 1 Men's Groups

	<b>1</b>	<b>2</b>	<b>3</b>
<b>A</b>	(i) Handstand should be straight with a good distance between partners. (ii) Base should be sitting upright, handstand should be straight.	(i) Handstand should be on the ankles, hands of top should not be in contact with the floor.	(i) Stand on hands – base's elbows rest on floor and arms are vertical, top should be extended and upright. (ii) The shoulder stand should be supported directly above the straight arms of the base. (iii) Stand on shoulders. Final position of top should be extended and upright directly above the base.
<b>B</b>	Bases legs should be straight, the middle should be supported by the base with the top standing straight. The second base may give slight support the middle to maintain this position. The top performs a straight supported handstand on the floor.	Base one is kneeling hands on floor, base two sits to support there backside on the back of the base. The middle stands on knees straight and upright. The top performs a straight handstand supported by the middle.	Base one is lying on the floor with legs straight at approximately 45°. Base two is in a sitting position with his back resting against the feet of base one. The middle performs a one arm counter balance on the knees of base two. The top performs a stand in hands balance on base one.
<b>C</b>	Base one and base two are along side each other in a lunge, either leg may be used. The middle stands upright and straight on the knees of the bases. The top performs a straight handstand on the floor supported by the middle.	Base one and base two are kneeling on all fours alongside each other. The middle is kneeling on all fours with one hand and one knee on each of the bases. This position should be as flat as possible. The top performs a straight two footed stand on the back of the middle.	Both bases stand alongside each other with the middle standing one foot on each shoulder of the bases. The middle may be supported with one arm of the bases. The top performs a straight handstand supported by the remaining arm of each of the bases.
<b>D</b>	A straddle vault (leap frog) is performed either simultaneously or consecutively by two pairs. There should be an element of flight before landing, this flight may be assisted by the base.	A backward roll to straight jump is performed either simultaneously or consecutively by two pairs. This does <u>not</u> have to release at the top of the jump.	(i) A dive, ¼ straight salto with a 360° twist to catch is performed either simultaneously or consecutively by two pairs. (ii) From stand on shoulders a supported front salto to floor is performed either simultaneously or consecutively by two pairs.
<b>E</b>	Supported flic – The same two bases support the remaining two partners for a standing flic consecutively.	Supported handspring – The same two bases support the remaining two partners for a handspring consecutively. The element should g above the heads of the supporting bases during the lift.	The same two bases pitch the remaining two partners consecutively for a straight jump from platform to floor and support each landing.
<b>F</b>	A dive, ¼ straight salto to catch is performed consecutively by two partners.	A dive, ¼ straight salto with a 180° twist to catch is performed consecutively by two partners	From seated on platform a tuck back salto to floor is performed consecutively by two partners. Both landings are supported by the bases.
<b>Flex</b>	(i) Bridge – (ii) Japana -	(i) Any splits – (ii) From standing drop back to bridge -	(i) Backward walkover- (ii) Forward walkover- (iii) Valdez
<b>Stand</b>	(i) Any one foot stand 2"– (ii) V sit 2"	(i) Bent leg headstand 2" – (ii) Tuck half lever 2" -	(i) Headstand 2" (ii)Arabesque 2" (iii)Half lever 2" (iv)Straddle lever 2"
<b>Agility</b>	(i) Forward roll to straddle stand (ii) Backward roll to straddle stand	(i) Handstand forward roll to stand. (ii) One arm cartwheel.	(i) Backward roll to handstand. (ii) Flic walkout (iii) Dive roll
<b>Tumble</b>	Cartwheel, chasse, cartwheel -	(i) Cartwheel, chasse step, Round off, straight jump. (ii) Round off, stretch jump, backward roll.	(i) Round off, 1/2 turn, cartwheel. (ii) Round off, 1/2 turn Round off



## Grade 2 Men's Groups

	<b>1</b>	<b>2</b>	<b>3</b>
<b>A</b>	(i) Stand on hands – base's elbows rest on floor and arms are vertical, top should be extended and upright. (ii) The shoulder stand should be supported directly above the straight arms of the base. (iii) Stand on shoulders. Final position of top should be extended and upright directly above the base.	(i) Top one arm supported handstand on knee of base. Handstand should be straight. (ii) Pike lever, legs should be above the horizontal. (iii) Stand on hands, base standing, heels of top should be clear of shoulders.	Straight arm stand in hands, base lying. There should be an extended line through the bases arms continuing through the tops body position. Short arm handstand, base lying. Half lever on straight arms of base, base standing, tops legs above horizontal. Handstand on knee's of the base. Handstand should be straight although may be slightly counterbalanced.
<b>B</b>	Base one is lying on the floor with legs straight at approximately 45°. Base two is in a sitting position with his back resting against the feet of base one. The middle performs a one arm counter balance on the knees of base two. The top performs a stand in hands balance on base one.	As for B1 although stand on hands is with the straight arms of the base.	Base positions as for B1 with top in handstand on the knees of base two and the middle in half lever on the straight arms of base one, tops legs above horizontal.
<b>C</b>	Both bases stand alongside each other with the middle standing one foot on each shoulder of the bases. The middle may be supported with one arm of the bases. The top performs a straight handstand supported by the remaining arm of each of the bases.	Middle stand on knees of base one. Base two stands in front, arms being steadied by the middle. Top performs either straddle lever or pike lever on hands of base two. Legs of top should be above horizontal.	Bases stand on knees with top standing on shoulders, unsupported of base one. The final member of the group performs a straight handstand supported by the partner standing on knees.
<b>D</b>	(i) A dive, ¼ straight salto with a 360° twist to catch is performed either simultaneously or consecutively by two pairs. (ii) From stand on shoulders a supported front salto to floor is performed either simultaneously or consecutively by two pairs.	Pitch straight jump – the feet of the top should be above the shoulders of the base, a straight body position is expected.	Pitch to catch. A clear flight phase should be seen prior to the catch.
<b>E</b>	The same two bases pitch the remaining two partners consecutively for a straight jump from platform to floor and support each landing.	From platform both tops perform straight jump 180° twist to floor consecutively. Bases turn to support landing.	From platform both tops perform tuck back salto to floor consecutively. Bases turn to support landing.
<b>F</b>	From seated on platform a tuck back salto to floor is performed consecutively by two partners. Both landings are supported by the bases.	From platform 3 man pitch of the top for a straight jump returning to the platform. Feet of top should reach the heads of bases in the jump.	From platform 3 man pitch of the top for a straight jump to floor. Feet of top should reach the heads of bases in the jump. Bases support the landing.
<b>Flex</b>	(i) Backward walkover- (ii) Forward walkover- (iii) Valdez	(i) Change Leg Walkover (ii) One hand walkover forwards (iii) One hand walkover backwards	(i) Back walkover (ii) Forward elbow walkover to any splits (iii) Healy turn (iv) 360' jump to splits (v) One Hand Valdez
<b>Stand</b>	(i) Headstand 2" (ii) Arabesque 2" (iii) Half lever 2" (iv) Straddle lever 2"	(i) Handstand 180° turn. control at the end of the turn should be shown. (ii) Wine glass 2"	(i) Handstand 360' turn control at the end of the turn should be shown. (ii) Chest balance 2" (iii) Tuck top planche 2"
<b>Agility</b>	(i) Backward roll to handstand. (ii) Flic walkout (iii) Dive roll	(i) Headspring to stand (ii) Flic to knee	(i) Free cartwheel (ii) Headspring 180' turn to front support (iii) Hecht Dive roll

<b>Tu mbl e</b>	(i) Round off, 1/2 turn, cartwheel. (ii) Round off, 1/2 turn Round off	(i) Handspring (ii) Flyspring (iii) Roundoff Flic	(i) Two handsprings (ii) Round off two flics (iii) Handspring to one, round off flic
-------------------------	---	---	--

**Grade 3 Men's Groups Balance**

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

**However there MUST be 3 x 3" holds performed in the routine**

**1**

**2**

**3**

**A** As an alternative to one pyramid a single pair element may be selected from the Grade 3 Pairs Table provided it is performed by two pairs simultaneously. The pair elements performed must be identical and receive the same difficulty as in Grade 3 pairs.

**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 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.

**1**

**2**

**3**

Top standing

Half lever, legs above horizontal.

Lever or crocodile on head and arm of middle.

**All balances have a difficulty of 6**

- (i) Bases in bridge, middle on knees top stands on shoulders.
- (ii) Bases in back support, middle on knees, top stands on shoulders.
- (iii) Middle in shoulder stand on straight arms of base standing, top in straight arm hand to hand with base two. Middle in shoulder stand holds arms of base one to make balance more secure.
- (iv) Bases stand side by side. Middle performs stand on knees of middle on shoulders of bases.
- (v) Three high column performed with bases along side each other.

**Base positions have a difficulty of 6.**

- (i) Bases facing, middle stands in hands.
- (ii) Bases side by side, middle stands on shoulders.
- (i) Bases side by side, middle stand on knees, one hand support.

**Top positions have an additional value of 6.**

Pike lever  
Straddle lever  
Handstand  
Lever on head and arm  
Crocodile on head and arm

**1**

**2**

**3**

**Cat  
1**

Value 1

Value 2

Value 3

**Cat  
1**

Value 1

Value 2

Value 3

**Cat  
1**

Value 1

Value 2

Value 3

**Cat  
1**

Value 1

Value 2

Value 3

### Grade 3 Men's Groups Dynamic

	<b>1</b>	<b>2</b>	<b>3</b>	
<b>A</b>	Any group dynamic element from the FIG Tables of Difficulty with a minimum of 2V	Any group dynamic element from the FIG Tables of Difficulty with a minimum of 3V	Any group dynamic element from the FIG Tables of Difficulty with a minimum of 4V	
<b>B</b>	Any group dynamic element from the FIG Tables of Difficulty with a minimum of 2V	Any group dynamic element from the FIG Tables of Difficulty with a minimum of 3V	Any group dynamic element from the FIG Tables of Difficulty with a minimum of 4V	
Four elements are selected from below, values as for each column.				
<b>C</b>	(i) 180° turntable, this may be assisted by the third partner.  Three man platform pitch (ii) ¾ back tuck to catch (iii) ¾ back pike to catch (iv) ¾ back straight to catch	(i) 180° turntable with 360° twist, this may be assisted by the third partner.  Three man platform pitch (ii) ¾ back tuck to catch with 180° twist. (iii) ¾ back pike to catch with 180° twist. (iv) ¾ back straight to catch with 180° twist.	<b>Only one element may be performed where only 3 partners are working together without the fourth and only one element where the group works as two pairs.</b>  (i) From platform 2/4 salto (courbette) to catch in handstand. (ii) From double pitch 2/4 salto (courbette) to catch in handstand. (iii) From platform pitch straight jump to be caught by the fourth partner. (iv) Top faces opposite way. (v) From stand in hands of a single base, straight jump to catch on platform of other two partners. (vi) Three man pitch straight back salto to floor, bases support landing. (vii) Double pitch straight back salto to floor, bases support landing. (viii) Working as two pairs simultaneously pitch 2/4 salto to handstand.	
<b>D</b>	Three man platform pitch (v) ¾ front tuck to catch (vi) ¾ front pike to catch (vii) ¾ front straight to catch  (viii) From platform both tops perform tuck front salto to floor consecutively. Bases turn to support landing.	(v) From platform both tops perform pike front salto to floor consecutively. Bases turn to support landing.  (vi) From platform both tops perform pike back salto to floor consecutively. Bases turn to support landing.		
<b>E</b>	(ix) From platform both tops perform tuck back salto to floor consecutively. Bases turn to support landing.	(vii) From pitch of a single partner straight jump to catch on platform of the other two partners.		
<b>F</b>		(viii) From stand in hands of a single partner straight jump to catch on platform of the other two partners.		
<b>Cat 2</b>	Value 1	Value 2		Value 4
<b>Cat 2</b>	Value 1	Value 2		Value 4
<b>Cat 2</b>	Value 1	Value 2	Value 4	
<b>Cat 2</b>	Value 1	Value 2	Value 4	



## Grade 4 Men's Groups Balance

Either 2 pyramids must be performed or 1 pyramid and a pair element from row A  
**However there MUST be 3 x 3" holds performed in the routine**

**1**

**2**

**3**

**A**

As an alternative to one pyramid a single pair element may be selected from the Grade 3 Pairs Table provided it is performed by two pairs simultaneously. The pair elements performed must be identical and receive the same difficulty as in Grade 3 pairs.

**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 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.

**1**

**2**

**3**

Top standing

Half lever, legs above horizontal.

Lever or crocodile on head and arm of middle.

**All balances have a difficulty of 6**

- (i) Bases in bridge, middle on knees top stands on shoulders.
- (ii) Bases in back support, middle on knees, top stands on shoulders.
- (iii) Middle in shoulder stand on straight arms of base standing, top in straight arm hand to hand with base two. Middle in shoulder stand holds arms of base one to make balance more secure.
- (iv) Bases stand side by side. Middle performs stand on knees of middle on shoulders of bases.
- (v) Three high column performed with bases along side each other.

**C**

**Base positions have a difficulty of 6.**

- (i) Bases facing, middle stands in hands.
- (ii) Bases side by side, middle stands on shoulders.
- (i) Bases side by side, middle stand on knees, one hand support.

**Top positions have an additional value of 6.**

Pike lever  
 Straddle lever  
 Handstand  
 Lever on head and arm  
 Crocodile on head and arm

**1**

**2**

**3**

**Cat 1**

Value 2

Value 3

Value 4

**Cat 1**

Value 2

Value 3

Value 4

**Cat 1**

Value 2

Value 3

Value 4

**Cat 1**

Value 2

Value 3

Value 4

## Grade 4 Men's Groups Dynamic

	<b>1</b>	<b>2</b>	<b>3</b>
<b>A</b>	Any group element from the FIG Tables of Difficulty with a minimum of 4V	Any group element from the FIG Tables of Difficulty with a minimum of 6V	Any group element from the FIG Tables of Difficulty with a minimum of 8V
<b>B</b>	Any group element from the FIG Tables of Difficulty with a minimum of 4V	Any group element from the FIG Tables of Difficulty with a minimum of 6V	Any group element from the FIG Tables of Difficulty with a minimum of 8V
<b>C</b>	Four elements are selected from below the values as for each column. Only one element may be performed where only 3 partners are working together without the fourth and only one element where the group works as two pairs.		
<b>D</b>	(i) From platform 2/4 salto (courbette) to catch in handstand. (ii) From double pitch 2/4 salto (courbette) to catch in handstand. (iii) From platform pitch straight jump to be caught by the fourth partner. (iv) Top faces opposite way. (v) From stand in hands of a single base, straight jump to catch on platform of other two partners.	(i) Double pitch straight jump +180° turn to catch by the fourth partner. (ii) Pitch from platform straight jump +180° turn to catch by the fourth partner. (iii) From platform straight jump back to platform. (iv) Double pitch straight jump to platform. (v) Platform straight jump, change base back to platform.	(i) From platform pitch by three partners 5/4 salto, tuck, pike or straight to catch by two partners. (ii) From double pitch by three partners 5/4 salto, tuck, pike or straight to catch by two partners. (iii) From double pitch straight jump, change base to catch on platform. (iv) From short arm handstand 2/4 salto (courbette) to platform.
<b>E</b>	(vi) Three man pitch straight back salto to floor, bases support landing. (vii) Double pitch straight back salto to floor, bases support landing. (viii) Working as two pairs simultaneously pitch 2/4 salto to handstand.	(vi) Platform 2/4 salto (courbette) to handstand on fourth partner. (vii) Double pitch 2/4 salto (courbette) to handstand on fourth partner. (viii) Platform 2/4 salto (courbette) to handstand caught by two partners. (ix) From platform 2/4 salto (courbette) to handstand caught by two partners.	(v) From reverse short arm handstand 2/4 salto (courbette) to platform. (vi) From stand on hands 2/4 salto (courbette) to platform, caught by two partners. (vii) From double pitch straight back 2/4 salto to catch in handstand by two partners.
<b>F</b>			
<b>Cat 2</b>	Value 1	Value 2	Value 5
<b>Cat 2</b>	Value 1	Value 2	Value 5
<b>Cat 2</b>	Value 1	Value 2	Value 5
<b>Cat 2</b>	Value 1	Value 2	Value 5