

## Preparatory A Pairs

	1 Value	2 Value	3 Value
<b>A</b>	As diagram. Position of Bases arms optional. Top shows strong front support position.	As diagram Bases arms can be bent	The top should be in a balanced handstand with the base providing minimal support A straight handstand is required from the top showing extension and good body tension
<b>B</b>	Gymnasts should be back to back at the start, each completes a full circle. Finishing where they started.	A: in arched position: head, arms, shoulders and ankles (with straight legs) clear of the floor. B: forward rolls over the waist, both hands reach over.	A; in dish: head, arms, shoulders and ankles clear of the floor. B; cartwheels over the waist with one hand either side.
<b>C</b>	Base has knees together. Top shows strong front support position.	Base in box shape. Top in front support position, rests the lower part of one leg in the middle of the Bases back and raises the other leg which must be straight.	This is in balance and <b>NOT</b> counter balance. Arms of the base may be bent. The top should not make contact with the bases body. The top may be supported with one or two hands, the body should be fully extended. The base is kneeling with seat resting on the heels. The arms of the base and top should form a continuous line. When in balance support may be on the legs with the bases arms bent.
<b>D</b>	Jump must take off and land on 2 feet. The top should not make contact with the bases body.	The Top should be tight in the roll and end in a standing position. NO jump. Base should go in early to support.	The jump of the top is assisted by each of the partners pushing against the forearms of the other. The body, ankles and feet of the top should be fully extended in the assisted flight with the feet of the top clearly leaving the floor.
<b>E</b>	Top shows strong front support position. Base supports below the knee.	Top shows strong front support position holding below the Bases knees. Base supports below the knee.	The top forms an extended flat bodyline with the hands and shoulders directly over the knees of the base. The shoulders back and hips of the base should remain in contact with the floor. The base may support one or both legs of the top with one or both hands.
<b>F</b>	Start in upright position, open to counter, hold for 3" and return. Grip optional, straight arms in final position.	Base straight, Top in counter. Hold for 3". Grip optional, straight arms in final position	Bases legs should be straight. The Top should be in chair position supported by the Base in the lower back.
<b>Flex</b>	Straddle sit: back straight, legs wide, toes pointed, arms free.	Japana 45°: legs wide, toes pointed, back and head in a straight line, showing a 45° angle.	Hip flexor stretch: ensure hips are pressed forward and the spine is not doing the stretch. Legs, knees and ankles together. Hands on heels.
<b>Stand</b>	Shoulders over hands, straight line from head to toe. Toes tucked under. Hold 2".	Head in a straight line with the body. Toes pointed. Fingers facing toes.	Frog Balance: Knees supported on elbows. Back flat (ish). Toes pointed.
<b>Agility</b>	Should be made from two feet. Execution must be smooth. The straddle sit should be upright with a straight back, arms outstretched. Hands contact the floor only at the start of the roll.	Should be made from two feet, show extension into a tight roll. Execution must be smooth. Hands contact the floor only at the start of the roll. Finish on 2 feet.	The backward roll is made to straddle stand, in pike or upright.
<b>Tumble</b>	The tumble should be smooth and continuous. The hands should only contact the floor in entry to a roll. Additional steps are NOT permitted. The jump should be straight and to two feet.	The tumble should be smooth and continuous. The hands should only contact the floor in entry to a roll. Additional steps are NOT permitted. Movement throughout should be continuous and fluent.	The tumble should be smooth and continuous. The hands should only contact the floor in entry to a roll. Additional steps are NOT permitted. The 180° jump should be straight and to two feet. Turns must be completed.

## Preparatory B Pairs

	1 Value	2 Value	3 Value
A	The top should be in a balanced handstand with the base providing minimal support A straight handstand is required from the top showing extension and good body tension	The top is supported in balance. The arms of the base should be straight. The handstand may face either direction but should show an extended bodyline.	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. Stag should show a good distance between partners.
B	<b>A:</b> in dish: head, arms, shoulders and ankles clear of the floor. <b>B:</b> cartwheels over the waist with one hand either side.	The cartwheel should be supported throughout	<b>Supported jump:</b> The top is supported for the jump at the waist. The hips of the top should reach the bases shoulder height at a minimum. It is permitted to release and re-catch. Hands sliding up the body will incur deductions legs of the top should be fully extended. Shape optional.
C	This is in balance and <b>NOT</b> counter balance. Arms of the base may be bent. The top should not make contact with the bases body. The top may be supported with one or two hands, the body should be fully extended. The base is kneeling with seat resting on the heels. The arms of the base and top should form a continuous line. When in balance support may be on the legs with the bases arms bent.	This is in balance and <b>NOT</b> counter balance. Arms of the base may be bent. The top should not make contact with the bases body. One foot stand with 45°knee angle. Knees together.	The top should be in balance standing one foot on the knee of the base. The arms of both base and top should be fully extended.
D	The jump of the top is assisted by each of the partners pushing against the forearms of the other. The body, ankles and feet of the top should be fully extended in the assisted flight with the feet of the top clearly leaving the floor.	A leap frogs over B. Base may face either direction. Ideally bases legs should be straight.	The top jumps from two feet showing full extension in the flight before being caught by the base. Control should be shown before an exit. Catch should be no lower than the waist of the base
E	The top forms an extended flat bodyline with the hands and shoulders directly over the knees of the base. The shoulders back and hips of the base should remain in contact with the floor. The base may support one or both legs of the top with one or both hands.	Base sitting on feet, ankles together supports bridge at the shoulders. Top has hands on Bases knees, feet on the floor.	The back angel position may be straight or show a slight curve. Bases legs should be straight. Base supports Top by the arms/wrists.
F	Bases legs should be straight. The Top should be in chair position supported by the Base in the lower back.	Top may face either direction. This is in Counter. The top may be supported with one or two hands, the body should be fully extended. The base is kneeling with seat resting on the heels. The arms of the base and top should form a continuous line.	The top and base are in counter balance with body and arms fully extended. The arms form a continuous line, but may be crossed. Support may be with one hand.
Flex	Hip flexor stretch: ensure hips are pressed forward and the spine is not doing the stretch. Legs, knees and ankles together. Hands on heels.	A typical hamstring stretch. The head must press forward toward the feet, <b>not</b> down to the knees which rounds and stretches the spine.	<b>Bridge:</b> shoulders pushed passed the hands which are shoulder width apart with straight arms. Legs straight, feet and legs together. <b>Japana:</b> straddle sit with stomach and chest in contact with the floor. Arms as the picture.
Stand	Frog Balance: Knees supported on elbows. Back flat (ish). Toes pointed.	Straight body position supported at the waist, elbows in. Legs vertical and together.	Both balances should be static for 2". <b>One foot stand:</b> Support leg must be straight and hips square to the front. <b>V sit:</b> may be supported, fingers forward.
Agility	The backward roll is made to straddle stand, in pike or upright.	The forward roll is made to straddle stand, in pike or upright. Tucked backward roll to STAND. Hands by ears at start. Feet and knees together throughout.	Backward roll legs should be straight throughout. Roll through passes through Japana position without stopping.
Tumble	The tumble should be smooth and continuous. The hands should only contact the floor in entry to a roll. Additional steps are NOT permitted. The 180°jump should be straight and to two feet. Turns must be completed.	Smooth tumble required with no additional steps.	A smooth fluent tumble is required without additional steps.

