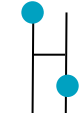
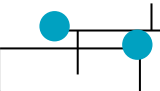

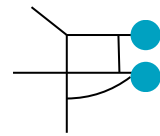
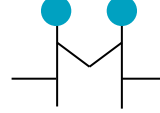
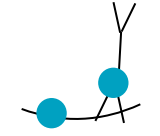

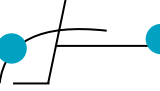





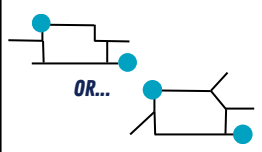
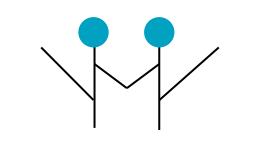
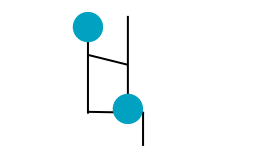
# PAIRS

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## PAIRS - LEVEL 1

0.1 TARIFF		DESCRIPTION
	1	Base: Kneels up with a straight-lined body. Base must hold tops waist with straight arms Top: Performs a straight-line handstand with legs together. Hands on the floor
	2	Base: Kneels on all fours with legs and arms at right angles. Top: Lies on the bases back with their arms hook around the base and splits legs to right angle. Judges will be looking for right angled split. Not bigger or smaller.
	3	Base: Kneels on 2 knees holding the back of their ankles with legs together. Their hips should be pushed forwards Top: Does front support putting their feet on the bases shoulders
	4	Base: Stands in leapfrog position with a straight back Top: Kneels on bases back and lifts 1 leg straight above horizontal
	5	Base and top stand back to back holding hands with straight arms (not top holding bases wrists). Both partners lift the straight leg to higher than horizontal
	6	Base does a dish with arms above their head and top does a cartwheel putting one hand either side of the base
0.3 TARIFF		DESCRIPTION
	1	Base kneels down with a straight back and knees together. Holding the tops waist. Top put hands on bases thighs and performs a straight handstand with legs together.
	2	Base kneels on all fours with legs and arms at right angles. Top bridge resting one foot (from calf) on the bases back. Tops other leg should be lifted in the air at right angle. Judges are looking for the leg to be at right angle not bigger or lower split and the tops shoulders to be over the hands. This can be performed on the bases lower back or sideways off the base.
	3	Base sits in pike sit with legs at right angle and arms straight up in line with their body. Legs should be together. Top does a piked handstand with holding the bases ankles. Legs should be held by the base with their feet together.

## PAIRS - LEVEL 1 - CONTINUED

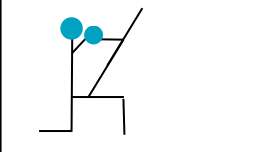
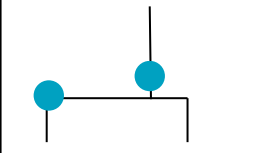
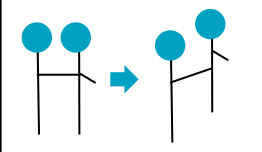
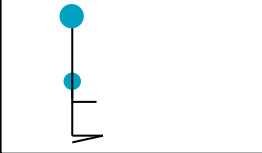
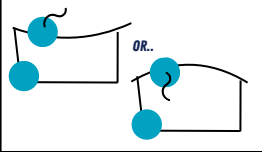
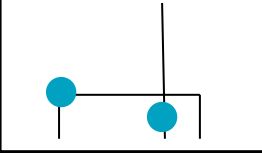
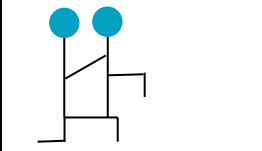
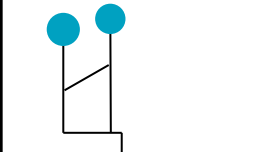
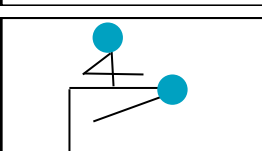
0.3 TARIFF	DESCRIPTION
 <div style="border: 1px solid black; padding: 5px; display: inline-block; background-color: #d9ead3; width: 30px; text-align: center; font-weight: bold;">4</div>	<p>Base lies on back with legs bent up at right angle. Top holds bases shins and performs kneeling on all fours whilst base hold their shins to create right angles.</p>
 <div style="border: 1px solid black; padding: 5px; display: inline-block; background-color: #d9ead3; width: 30px; text-align: center; font-weight: bold;">5</div>	<p>Top and base standing side by side holding hands with straight arms and they both perform an arabesque or Y-scale</p>
 <div style="border: 1px solid black; padding: 5px; display: inline-block; background-color: #d9ead3; width: 30px; text-align: center; font-weight: bold;">6</div>	<p>Base squats in a loo position with legs at right angles and back straight. Holding the tops hips, top rests their shoulders on the bases thighs and puts their hands on top of the bases thighs to perform a straight leg handstand. (head will be in the gap)</p>

	0.1 TARIFF	0.3 TARIFF	0.5 TARIFF
<b>STAND</b>	Star Balance	Arabesque (leg below horizontal chest upright)	1 foot stand (leg at right angle, not toe to knee)
<b>TUMBLE</b>	2 x linked forward rolls	Forward roll star jump forward roll (linked)	2 x linked backward rolls
<b>ACRO/FLEX</b>	Japana Pike fold leaning forward halfway with arms in a straight line with back	Pike stand nose to knees Straddle stand with flat back and arms by ears	Japana Pike fold Bridge
<b>LEAP/JUMP/SPIN</b>	Chasse jump to two feet straight jump Chasse cat leap	Chasse jump to two feet tuck jump ½ spin	Chasse jump to two feet 1/2 turning straight jump

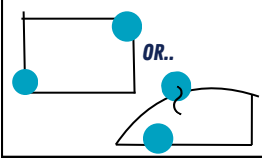
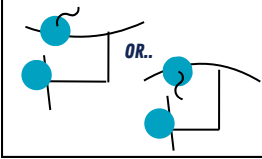
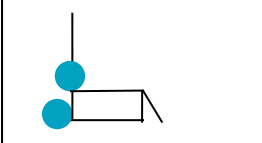
## KEY POINTS FOR COACHES

<ul style="list-style-type: none"> <li>Coaches must ensure each routine must contain one number from each Tariff/column.</li> </ul> <p>For example:</p> <ul style="list-style-type: none"> <li>1 - 0.1 Tariff</li> <li>2 - 0.3 Tariff</li> <li>3 - 0.1 Tariff</li> <li>4 - 0.1 Tariff</li> <li>5 - 0.3 Tariff</li> <li>6 - 0.1 Tariff</li> </ul>
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## PAIRS - LEVEL 2

0.1 TARIFF		DESCRIPTION
	1	Base kneels up on one knee with both legs at right angles and arms out straight to the side. Top stands on the bases knee and puts their hands on the bases shoulders to perform an arabesque with leg above horizontal
	2	Base does a crab. Top stands on the bases knees facing away from the base. Tops arms must be stretched up above their head showing a straight line.
	3	Base holds the waist of the top and supports the top for a supported straight jump. Base should straighten their arms above their head. They can boost and re-catch the top if arms fully extend. Top performs a straight jump
	4	Base kneels down with knees together. Top stands on the bases shoulders with their arms above their head to show a straight line
	5	Base lies on their back with arms and legs up. Top performs a front or back angel on the bases feet. It should be a controlled arch position If a front angel is performed, then partners should hold hands. If a back angel is performed the base may hold the wrists or arms of the top
	6	Base does a crab position with legs at right angles and hips pushed u to make a straight body shape. Legs should be slightly apart. Top rests their shoulders on the bases thighs and does a handstand with their head in the gap. The top may hold the top of the bases legs or hook their arms round the bases legs
0.3 TARIFF		DESCRIPTION
	1	Base kneels up on one knee with both legs at right angles. Top stands on facing away from the base and performs 1 foot stand with their leg and foot at right angle. Top should be holding the bases hands and their arms stretched out straight.
	2	Base stands in a right-angle loo position. Base should hold the side of the tops hips (not hooked around the top and their elbows should not be touching the top). Top stands on the bases knees facing away from the base. Tops arms must be stretched up above their head showing a straight line.
	3	Base stands in a leapfrog position Top performs leapfrog over the base. This can be sideways or longways it is up to the gymnasts. The top should lift their legs to horizontal or above

## PAIRS - LEVEL 2 - CONTINUED

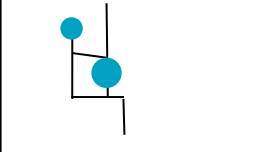
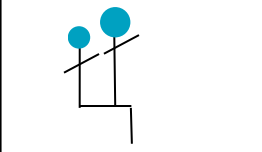
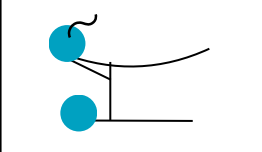
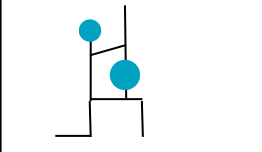
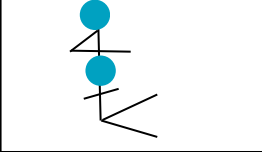
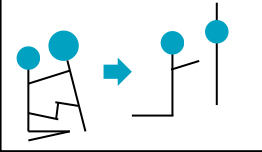
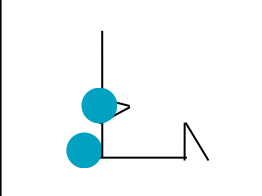
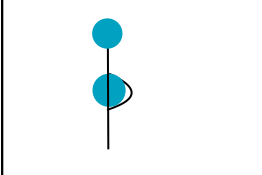
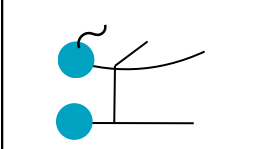
0.3 TARIFF	DESCRIPTION
 <div style="border: 1px solid black; padding: 5px; width: 40px; text-align: center; float: right;">4</div>	<p>a) Base lies on their back with their arms and legs up. Arms should be straight up making a right angle. Top stands in the bases long arms and holds the bases feet with straight arms b) Base lies on the back with their arms stretched out straight and flat. Top holds the bases hands and kicks over into a Mexican handstand position resting their legs on the bases feet.</p>
 <div style="border: 1px solid black; padding: 5px; width: 40px; text-align: center; float: right;">5</div>	<p>Base lies on their back with arms and legs up. Bases arms should be stretch out to the side on the floor. Top performs a front or back arch on the bases feet. It should be a controlled arch position.</p>
 <div style="border: 1px solid black; padding: 5px; width: 40px; text-align: center; float: right;">6</div>	<p>Base lies down with their legs bent up and arm up straight. Top puts their shoulders in the bases hands and their hands on the bases legs and jumps to a handstand.</p>

	0.1 TARIFF	0.3 TARIFF	0.5 TARIFF
<b>STAND</b>	1 foot stand leg at right angle not toe to knee	Shoulder stand with hands	Vsit without hands. Tucked headstand or Frog balance
<b>TUMBLE</b>	2 x linked backward rolls	Forward roll ½ turn jump backward roll	2 linked cartwheels sideways or ¼ in ¼ out
<b>ACRO/FLEX</b>	Japana Pike fold Bridge	Splits R or L Chest balance	Bridge hold for 3 then kickover (can do 1 step in if needed) or Shoulder stand swim through to tummy
<b>LEAP/JUMP/SPIN</b>	Chasse jump to two feet 1/2 turning straight jump	Chasse jump to two feet W-jump	Tuck jump straight into ½ turning straight jump -½ wolf spin

## KEY POINTS FOR COACHES

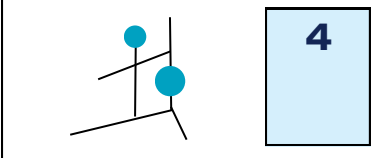
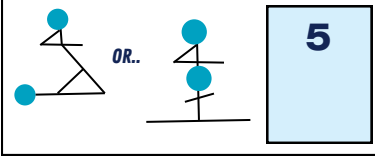
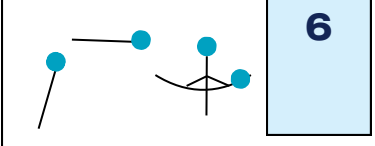
<ul style="list-style-type: none"> <li>Coaches must ensure each routine must contain one number from each Tariff/column.</li> </ul> <p>For example:</p> <p>1 - 0.1 Tariff</p> <p>2 - 0.3 Tariff</p> <p>3 - 0.1 Tariff</p> <p>4 - 0.1 Tariff</p> <p>5 - 0.3 Tariff</p> <p>6 - 0.1 Tariff</p>
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## PAIRS - LEVEL 3

0.1 TARIFF		DESCRIPTION
	1	Base lies down with their legs bent up and arms straight up above their shoulders. Top puts their shoulders in the bases hands and performs a handstand. Their arms should be bent and their hands should hold the bases arms
	2	Base stands in a right-angle loo position with their arms out to the side creating a straight line from fingertips to chest to fingertips (arms should not be in a V position). Top stands on the bases legs facing away from the base. Arm position is optional for the top
	3	Base lies on their back with the arms straight up. Top performs a front angel (controlled arch shape) in the bases hands. Top should hold the bases arms between the wrist and elbow.
	4	Base kneels up on one knee with legs at right angles. Base should hold the tops waist. Top puts their hands on the bases knee and performs a handstand being supported at the waist by the base. The handstand should have legs straight and together. The top may face either way for their handstand.
	5	Base sits in straddle sit, arm position is optional but should be a free position e.g. out to the side or in front. Top does a straddle lever on the shoulders of the base
	6	Base kneels down and holds the tops foot for a pitch straight jump. As the top straight jumps the base lifts up onto high kneeling. Top puts hands on the bases shoulders and one foot in the bases hands to perform a pitch straight jump.
0.3 TARIFF		DESCRIPTION
	1	Base stands in a right-angle loo position holding the side of the tops waist (they should not be holding their thighs or hips and should not be supporting the handstand with their elbows too.) Top performs a straight handstand with their legs together in the handstand. The handstand will be supported by the base holding the tops waist therefore ensure the top is in the full control of the handstand
	2	Base in a standing position. Top stands on the bases shoulder with heels joint, arms should be up above their head creating a straight line
	3	Base lies on the back with the arms straight up. Top performs a front angel (controlled arch shape) in the bases hands. Top should pull their arms back or out to the side.



## PAIRS - LEVEL 3 - CONTINUED

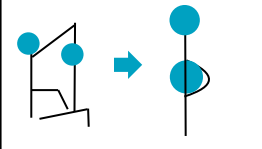
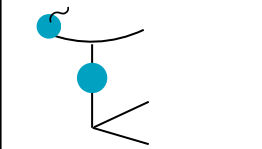
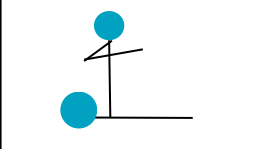
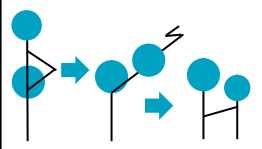
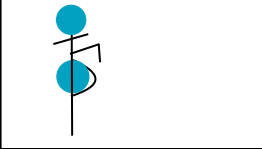
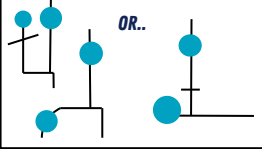
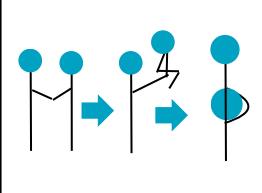
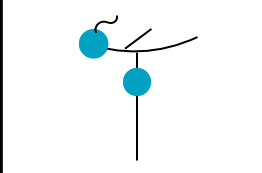
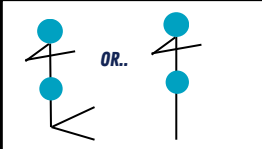
0.3 TARIFF	DESCRIPTION
	Base in a lunge position with the front leg at a right angle supporting the top with 1 hand and the other arm out straight creating a straight line from the shoulder. Top puts their hands on the bases leg and performs a handstand. The handstand can be a star or straight handstand and will be supported by the base with one hand
	a) Base lies on their back with their legs up and can be supported by their hands too. Top does a straddle lever on the bases feet facing away from the base. b) Base does splits with hands off the floor. Top puts their hands on the bases shoulders and does a straddle lever
	Base Stands ready to catch the top. Top runs and jumps to land in cradle lying in the bases arms. Top must show flight in the jump before the catch.

	0.1 TARIFF	0.3 TARIFF	0.5 TARIFF
<b>STAND</b>	Vsit without hands Tucked headstand Frog balance	Shoulder stand without hands	Straight leg headstand
<b>TUMBLE</b>	2 linked cartwheels sideways or ¼ in ¼ out	Cartwheel into 1 arm cartwheel	Round off straight jump backward roll. Forward roll walkout into 1 arm cartwheel joining feet on landing into backward roll
<b>ACRO/FLEX</b>	Bridge hold for 3 then kickover (can do 1 step in if needed) Shoulder stand swim through to tummy	Drop back to bridge 3 sec hold. Handstand to bridge 3 sec hold	Backward walkover Forward walkover Tic toc
<b>LEAP/JUMP/SPIN</b>	Tuck jump straight into ½ turning straight jump ½ wolf spin	Full turning straight jump Full spin	Star jump into full turning straight jump

## KEY POINTS FOR COACHES

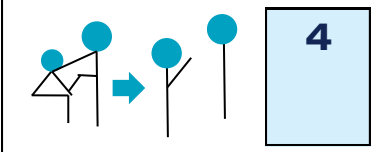
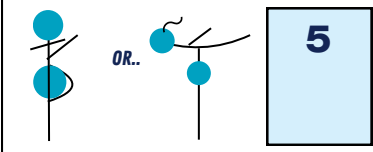
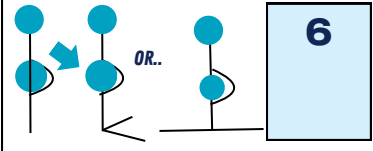
<ul style="list-style-type: none"> <li>Coaches must ensure each routine must contain one number from each Tariff/column.</li> </ul> For example: 1 - 0.1 Tariff 2 - 0.3 Tariff 3 - 0.1 Tariff 4 - 0.1 Tariff 5 - 0.3 Tariff 6 - 0.1 Tariff
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## PAIRS - LEVEL 4

0.1 TARIFF	DESCRIPTION
 <div style="border: 1px solid black; padding: 5px; width: 40px; text-align: center; margin-left: auto; margin-right: auto;">1</div>	<p>Base stands in a lunge with the arms bent behind the head to hold the bases hands. Base slightly bends the back leg for the top to place their foot on Top stands behind the base with one foot on the bases back leg and pings up to stand on shoulders. The top should try to keep straight legs or should not bend the legs more than 90-degree angle on landing Partnership should then hold standing on shoulder for 3 seconds</p>
 <div style="border: 1px solid black; padding: 5px; width: 40px; text-align: center; margin-left: auto; margin-right: auto;">2</div>	<p>Base sits in straddle sit Top does front angel in the bases hands without holding the base for support</p>
 <div style="border: 1px solid black; padding: 5px; width: 40px; text-align: center; margin-left: auto; margin-right: auto;">3</div>	<p>Base lies on their back with arms straight above their shoulders Top performs straddle lever on hands of the base</p>
 <div style="border: 1px solid black; padding: 5px; width: 40px; text-align: center; margin-left: auto; margin-right: auto;">4</div>	<p>Base stands up with straight arms holding the tops hands Top holds the bases hands and performs a front salto off the bases shoulders keeping hold of their hands throughout and keeping hold for the landing</p>
 <div style="border: 1px solid black; padding: 5px; width: 40px; text-align: center; margin-left: auto; margin-right: auto;">5</div>	<p>Base stands with the top on their shoulder holding the tops leg between the ankle and knee with one arm and the other arm should be bent across their chest to hold the tops foot or ankle that they are standing on Top does 1 foot stand on the bases shoulder with the bent leg showing right angles.</p>
 <div style="border: 1px solid black; padding: 5px; width: 40px; text-align: center; margin-left: auto; margin-right: auto;">6</div>	<p>a) Base standing in a 90 degree loo position free from holding the top showing right angles and drops back to bridge. Top stands on the bases knees with arms straight up above the head showing a straight body line. Hold both for 3 seconds b) Base lies with straight leg together and arms straight up Top stands in the bases hands with arms above their head making a straight body line</p>
0.3 TARIFF	DESCRIPTION
 <div style="border: 1px solid black; padding: 5px; width: 40px; text-align: center; margin-left: auto; margin-right: auto;">1</div>	<p>Base stands behind the top holding the tops hands behind them. Top holds the bases hands and jumps up and back to land on the bases shoulders Partnership should then hold standing on shoulder for 3 seconds</p>
 <div style="border: 1px solid black; padding: 5px; width: 40px; text-align: center; margin-left: auto; margin-right: auto;">2</div>	<p>Base stands with their arms above their head. Top does front angel in the bases hands without holding the base for support</p>
 <div style="border: 1px solid black; padding: 5px; width: 40px; text-align: center; margin-left: auto; margin-right: auto;">3</div>	<p>Base can stand up or sit in straddle sit. Top performs straddle lever on the hands of the base with their arms straight above their head.</p>



## PAIRS - LEVEL 4 - CONTINUED

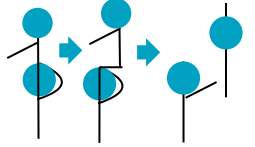
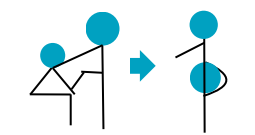
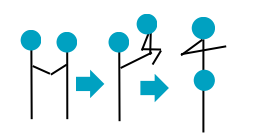
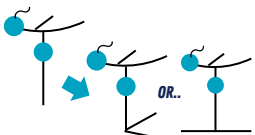
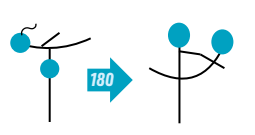
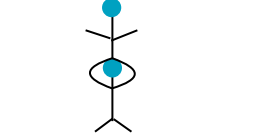
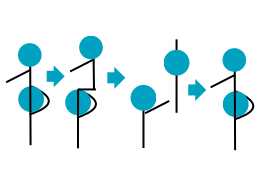
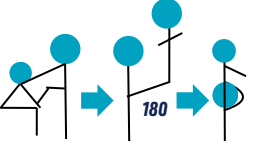
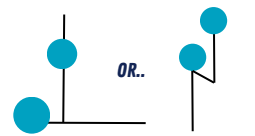
0.3 TARIFF	DESCRIPTION
	Base holds the tops foot and stands bent legged. Top puts their hands on the bases shoulders and performs a pitch straight jump
	Base stands with the top on their shoulders holding the tops leg between the ankle and knee with one arm and the other arm should be bent across their chest to hold the tops foot or ankle that they are standing on. Top performs a y-scale or arabesque. The leg should be above horizontal.
	Base stands up then transitions to sit in straddle or splits. Top stands on shoulders of the base with arms optional but must remain still Partnership must hold stand on shoulders for 3 and the final position for 3.

	0.1 TARIFF	0.3 TARIFF	0.5 TARIFF
<b>STAND</b>	Straight leg headstand	Arabesque or Y-Scale	Straddle or pike lever
<b>TUMBLE</b>	Round off straight jump backward roll. Forward roll walkout into 1 arm cartwheel joining feet on landing into backward roll	Round off ½ turn jump into ¼ in ¼ out cartwheel -Free cartwheel	Round off flick Cartwheel flick Handspring Headspring
<b>ACRO/FLEX</b>	Backward walkover Forward walkover Tic toc	Valdez Backward roll to handstand Handstand forward roll to piked stand	1 arm forward walkover 1 arm backward walkover Forward or backward walkover changing legs to show 2 split handstands
<b>LEAP/JUMP/SPIN</b>	Star jump into full turning straight jump	Split jump Full turning cat leap	Full turning tuck jump W-jump into full turning straight jump Split leap

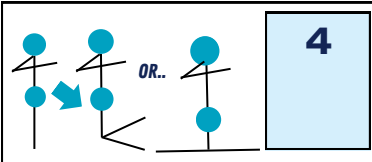
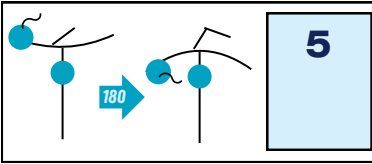
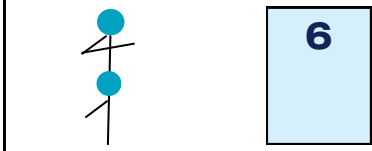
## KEY POINTS FOR COACHES

<ul style="list-style-type: none"> <li>Coaches must ensure each routine must contain one number from each Tariff/column.</li> </ul> <p>For example:</p> <ul style="list-style-type: none"> <li>1 - 0.1 Tariff</li> <li>2 - 0.3 Tariff</li> <li>3 - 0.1 Tariff</li> <li>4 - 0.1 Tariff</li> <li>5 - 0.3 Tariff</li> <li>6 - 0.1 Tariff</li> </ul>
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## PAIRS - LEVEL 5

0.1 TARIFF	DESCRIPTION
 <div style="border: 1px solid black; padding: 5px; width: 40px; float: right; text-align: center;">1</div>	<p>Base stands with the tops feet in their hands and throws the top for a straight jump. The base should show straight arms at the top of the release. Top can be standing forwards or backwards. The top bends and performs a straight jump forwards or backwards off the base. The top must show a bend and jump.</p>
 <div style="border: 1px solid black; padding: 5px; width: 40px; float: right; text-align: center;">2</div>	<p>Base holds the tops foot and performs a pitch to catch the top in stand in hands standing up. Top performs a pitch straight jump to land standing in hands on the base.</p>
 <div style="border: 1px solid black; padding: 5px; width: 40px; float: right; text-align: center;">3</div>	<p>Base stands behind the top holding the tops hands. Top holds the bases hands and jumps up and backwards to a straddle or pike lever on the bases straight arms above their head.</p>
 <div style="border: 1px solid black; padding: 5px; width: 40px; float: right; text-align: center;">4</div>	<p>Base starts standing and transitions to straddle sit or splits. Top does front angel or back angel in the bases hands free from holding the base. The start and ending position should be held for 3 seconds each</p>
 <div style="border: 1px solid black; padding: 5px; width: 40px; float: right; text-align: center;">5</div>	<p>Base holds the top at the hips and throws the top from front angel to land in back wrap catching under the tops arms. Top performs front angel in the bases hands and then half turns to land in a back wrap with straight legs on the bases waist. The tops arms should be out straight for the base to catch.</p>
 <div style="border: 1px solid black; padding: 5px; width: 40px; float: right; text-align: center;">6</div>	<p>Base puts one hand on top of the other straight above their head Top puts one hand on top of the other and performs a straddle lever in the bases hands</p>
0.3 TARIFF	DESCRIPTION
 <div style="border: 1px solid black; padding: 5px; width: 40px; float: right; text-align: center;">1</div>	<p>Base stands with the tops feet in their hands and throws the top for a straight jump. The base should show straight arms at the top of the release and then re-catch the top to end back in stand in hands Top can be standing forwards or backwards. The top bends and performs a straight jump forwards or backwards to land back in the bases hands. The top must show a bend and jump.</p>
 <div style="border: 1px solid black; padding: 5px; width: 40px; float: right; text-align: center;">2</div>	<p>Base holds the tops foot and pitches the top without a release to stand in hands. Top performs a pitch with a half spin to land in stand in hands on the base This is a spin up and not a release.</p>
 <div style="border: 1px solid black; padding: 5px; width: 40px; float: right; text-align: center;">3</div>	<p>Base may lie down or stand up. If lying down the bases hands should not be resting on their tummy. If standing up the bases hands should not be resting on their shoulders Top performs a low arm handstand in the bases hands.</p>

## PAIRS - LEVEL 5 - CONTINUED

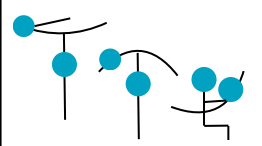
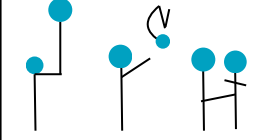
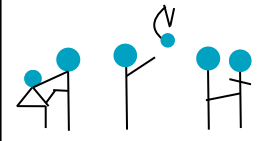
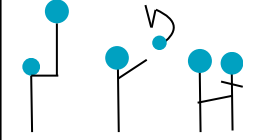
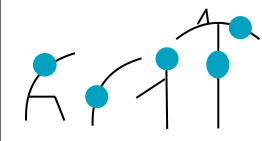
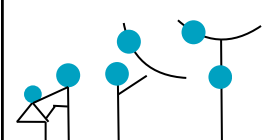
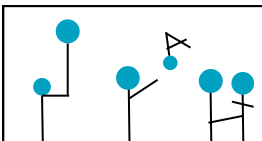
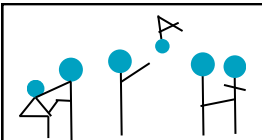
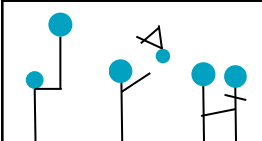
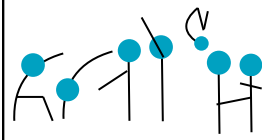
0.3 TARIFF	DESCRIPTION
	<p>Base starts standing and transitions to straddle sit or splits Top does straddle lever on the bases hands The start and ending position should be held for 3 seconds each</p>
	<p>Base holds the top at the hips and throw the top from front angel to back angel. Top performs front angel in the bases hands and then half turns to back angel. The top may have one bent leg in the back angel)</p>
	<p>Base stands with one arm straight above their head and the other arm out to the side. Top puts one hand on top of the other to perform straddle lever on one hand of the base.</p>

	0.1 TARIFF	0.3 TARIFF	0.5 TARIFF
<b>STAND</b>	Straddle or pike lever	Handstand down to straddle sit (not lever) Handstand ½ pirouette	Straddle lever with ½ turn Elephant lift to handstand Handstand full pirouette Russian lever legs straddled or piked
<b>TUMBLE</b>	Round off flick Cartwheel flick Handspring Headspring	Round off ½ turn jump into ¼ in ¼ out cartwheel -Free cartwheel	Free forward walkover Tuck front or piked Handspring walkout into handspring Round off tuck back salto or straight back salto Round off flick tuck back salto or straight
<b>ACRO/FLEX</b>	1 arm forward walkover 1 arm backward walkover Forward or backward walkover changing legs to show 2 split handstands	Forward walkover bending one leg under to land in splits Elbow forward walkover bending one leg under to land in splits Backward walkover cut through to splits.	Backward walkover to handstand ½ forward walkover out Backward roll to handstand ½ pirouette fall to front support Backward walkover to handstand down to straddle sit (not lever) Onodi
<b>LEAP/JUMP/SPIN</b>	Full turning tuck jump W-jump into full turning straight jump Split leap	Straddle jump ½ turning w jump 1 ½ spin	Pike jump Ring jump ½ split jump Full spin leg at horizontal Change leg split leap

## KEY POINTS FOR COACHES

- Coaches must ensure each routine must contain one number from each Tariff/column.
- For example:
- 1 - 0.1 Tariff
  - 2 - 0.3 Tariff
  - 3 - 0.1 Tariff
  - 4 - 0.1 Tariff
  - 5 - 0.3 Tariff
  - 6 - 0.1 Tariff

## PAIRS - LEVEL 6 - DYNAMIC

0.1 TARIFF	DESCRIPTION
 <div style="border: 1px solid black; padding: 5px; display: inline-block; width: 40px; height: 40px; text-align: center; line-height: 40px; font-weight: bold; font-size: 24px;">1</div>	<p>Front angel throw <math>\frac{1}{2}</math> twist to back angel throw to back wrap. The base should catch under the tops arms in the back wrap and the tops legs should be straight</p>
 <div style="border: 1px solid black; padding: 5px; display: inline-block; width: 40px; height: 40px; text-align: center; line-height: 40px; font-weight: bold; font-size: 24px;">2</div>	<p>Top stands in the bases hands and performs a tuck back out of hands. The top must show a bend and jump and their feet should be in the bases hands with just their feet resting on the bases shoulders</p>
 <div style="border: 1px solid black; padding: 5px; display: inline-block; width: 40px; height: 40px; text-align: center; line-height: 40px; font-weight: bold; font-size: 24px;">3</div>	<p>Pitch tuck back to floor. The salto should be performed above the height of the bases head</p>
 <div style="border: 1px solid black; padding: 5px; display: inline-block; width: 40px; height: 40px; text-align: center; line-height: 40px; font-weight: bold; font-size: 24px;">4</div>	<p>Tuck front salto from the bases hands. The top should show a bend and jump.</p>
 <div style="border: 1px solid black; padding: 5px; display: inline-block; width: 40px; height: 40px; text-align: center; line-height: 40px; font-weight: bold; font-size: 24px;">5</div>	<p>Top performs a round off and shows flight going back into a back angel.</p>
0.3 TARIFF	DESCRIPTION
 <div style="border: 1px solid black; padding: 5px; display: inline-block; width: 40px; height: 40px; text-align: center; line-height: 40px; font-weight: bold; font-size: 24px;">1</div>	<p>Pitch throw to land in front angel</p>
 <div style="border: 1px solid black; padding: 5px; display: inline-block; width: 40px; height: 40px; text-align: center; line-height: 40px; font-weight: bold; font-size: 24px;">2</div>	<p>Top stands in the bases hands and performs a tuck back out of hands. The top must show a bend and jump and their feet should be in the bases hands with just their feet resting on the bases shoulders</p>
 <div style="border: 1px solid black; padding: 5px; display: inline-block; width: 40px; height: 40px; text-align: center; line-height: 40px; font-weight: bold; font-size: 24px;">3</div>	<p>Pitch pike back to floor. The salto should be performed above the height of the bases head</p>
 <div style="border: 1px solid black; padding: 5px; display: inline-block; width: 40px; height: 40px; text-align: center; line-height: 40px; font-weight: bold; font-size: 24px;">4</div>	<p>Pike front salto from the bases hands. The top should show a bend and jump.</p>
 <div style="border: 1px solid black; padding: 5px; display: inline-block; width: 40px; height: 40px; text-align: center; line-height: 40px; font-weight: bold; font-size: 24px;">5</div>	<p>Top performs a round off and base catches the bases hips to boost the top into a tuck salto over the bases head. The base should turn round after boosting the top to catch them.</p>

## PAIRS - LEVEL 6 - DYNAMIC - CONTINUED

	<b>0.1 TARIFF</b>	<b>0.3 TARIFF</b>	<b>0.5 TARIFF</b>
<b>STAND</b>	Handstand down to straddle sit (not lever) Handstand ½ pirouette	Straddle lever with ½ turn Elephant lift to handstand Handstand full pirouette Russian lever legs straddled or piked	Handstand 1 ½ pirouette Handstand down to straddle lever Straddle lever to handstand
<b>TUMBLE</b>	Round off 2 flicks Handspring dive roll Flyspring	Free forward walkover Tuck front or piked Handspring walkout into handspring Round off tuck back salto or straight back salto Round off flick tuck back salto or straight	Free walkover into free cartwheel (no step) Handspring front salto Round off 2 flicks tuck back or straight back Round off flick straight ½ or full twist
<b>ACRO/FLEX</b>	Forward walkover bending one leg under to land in splits Elbow forward walkover bending one leg under to land in splits Backward walkover cut through to splits	Backward walkover to handstand ½ forward walkover out Backward roll to handstand ½ pirouette fall to front support Backward walkover to handstand down to straddle sit (not lever) Onodi	Backward walkover into backward walkover cut through to splits Forward walkover into elbow forward walkover to splits Forward walkover into 1 arm Forward walkover
<b>LEAP/JUMP/SPIN</b>	Straddle jump ½ turning w jump 1 ½ spin	Pike jump Ring jump ½ split jump Full spin leg at horizontal Change leg split leap	Change leg ring leap Double spin ½ straddle jump Change leg split leap into change leg split leap Change leg side leap Change leg ½

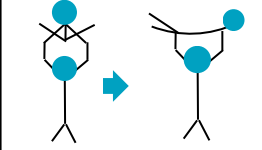


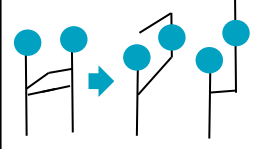
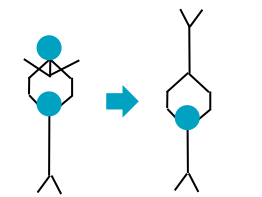
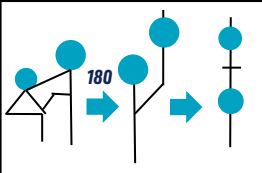
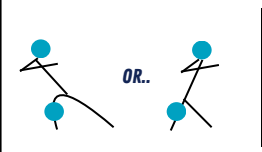
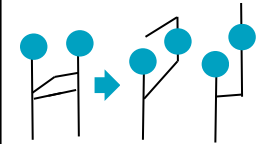
### KEY POINTS FOR COACHES

- Coaches must ensure each routine must contain one number from each Tariff/column.

For example:

- 1 - 0.1 Tariff
- 2 - 0.3 Tariff
- 3 - 0.1 Tariff
- 4 - 0.1 Tariff
- 5 - 0.3 Tariff
- 6 - 0.1 Tariff

## PAIRS - LEVEL 6 - BALANCE

0.1 TARIFF	DESCRIPTION
 <div style="border: 1px solid black; padding: 5px; width: 40px; text-align: center; margin-left: auto; margin-right: auto;">1</div>	<p>Top performs Straddle lever into bent arm elbow planche. The top should only be resting on one elbow. The base should have arms extended straight above their head. Both the straddle and planche should both be held for 3 seconds</p>
 <div style="border: 1px solid black; padding: 5px; width: 40px; text-align: center; margin-left: auto; margin-right: auto;">2</div>	<p>Top stands in the bases hands and the base is in long arm position with their arms stretched straight above their head. This should be held for 3 seconds</p>
 <div style="border: 1px solid black; padding: 5px; width: 40px; text-align: center; margin-left: auto; margin-right: auto;">3</div>	<p>Top performs a 2 on 1 straddle lever on one of the bases feet. They should be facing the bases heel and away from the base. The base should be in a free shoulder stand position</p>
 <div style="border: 1px solid black; padding: 5px; width: 40px; text-align: center; margin-left: auto; margin-right: auto;">4</div>	<p>Top performs reverse up to handstand on the bases short arm. The handstand should be held for 3 seconds</p>
0.3 TARIFF	DESCRIPTION
 <div style="border: 1px solid black; padding: 5px; width: 40px; text-align: center; margin-left: auto; margin-right: auto;">1</div>	<p>Top performs Straddle lever to handstand. The base should have arms extended straight above their head. Both the straddle and handstand should both be held for 3 seconds</p>
 <div style="border: 1px solid black; padding: 5px; width: 40px; text-align: center; margin-left: auto; margin-right: auto;">2</div>	<p>From a pitch position the top performs a half spin to stand in bases long arm. Standing in long arm should be held for 3 seconds.</p>
 <div style="border: 1px solid black; padding: 5px; width: 40px; text-align: center; margin-left: auto; margin-right: auto;">3</div>	<p>Top performs a 2 on 1 straddle lever on one of the bases feet whilst the base is in a bridge or a needle scale</p>
 <div style="border: 1px solid black; padding: 5px; width: 40px; text-align: center; margin-left: auto; margin-right: auto;">4</div>	<p>Top performs reverse up to handstand on the bases long arm. The handstand should be held for 3 seconds</p>



## PAIRS - LEVEL 6 - BALANCE - CONTINUED

	<b>0.1 TARIFF</b>	<b>0.3 TARIFF</b>	<b>0.5 TARIFF</b>
<b>STAND</b>	Handstand down to straddle sit (not lever) Handstand ½ pirouette	Straddle lever with ½ turn Elephant lift to handstand Handstand full pirouette Russian lever legs straddled or piked	Handstand   ½ pirouette -Handstand down to straddle lever -Straddle lever to handstand
<b>TUMBLE</b>	Round off 2 flicks Handspring dive roll Flyspring	Free forward walkover Tuck front or piked Handspring walkout into handspring Round off tuck back salto or straight back salto Round off flick tuck back salto or straight	Free walkover into free cartwheel (no step) Handspring front salto Round off 2 flicks tuck back or straight back Round off flick straight ½ or full twist
<b>ACRO/FLEX</b>	Forward walkover bending one leg under to land in splits Elbow forward walkover bending one leg under to land in splits Backward walkover cut through to splits	Backward walkover to handstand ½ forward walkover out Backward roll to handstand ½ pirouette fall to front support Backward walkover to handstand down to straddle sit (not lever) Onodi	Backward walkover into backward walkover cut through to splits Forward walkover into elbow forward walkover to splits Forward walkover into 1 arm Forward walkover
<b>LEAP/JUMP/SPIN</b>	Straddle jump ½ turning w jump 1 ½ spin	Pike jump Ring jump ½ split jump Full spin leg at horizontal Change leg split leap	Change leg ring leap Double spin ½ straddle jump Change leg split leap into change leg split leap Change leg side leap Change leg ½

### KEY POINTS FOR COACHES

- Coaches must ensure each routine must contain one number from each Tariff/column.

For example:

- 1 - 0.1 Tariff
- 2 - 0.3 Tariff
- 3 - 0.1 Tariff
- 4 - 0.1 Tariff
- 5 - 0.3 Tariff
- 6 - 0.1 Tariff