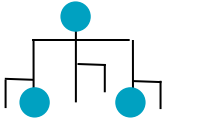
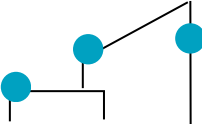
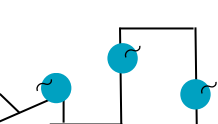

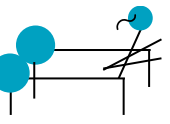
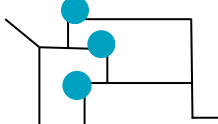
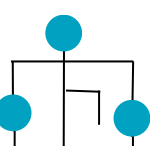

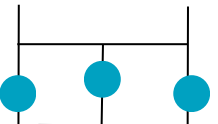


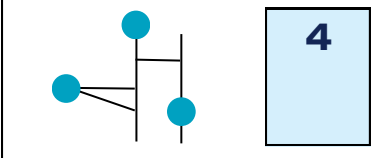
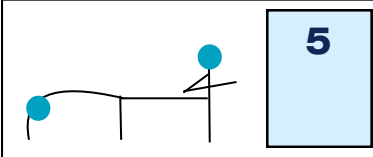
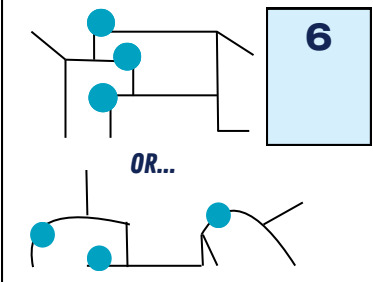


TRIO'S

TRIOS - LEVEL 1

0.1 TARIFF	DESCRIPTION
 <div style="border: 1px solid black; padding: 5px; width: 40px; float: right; text-align: center;">1</div>	<p>Base performs a one-foot stand with the bent leg at right angle (not toe to knee) Bases arms should be out straight to hold the ankles of the top and the middle performing a straight legged headstand. The tops backs are to the bases</p>
 <div style="border: 1px solid black; padding: 5px; width: 40px; float: right; text-align: center;">2</div>	<p>Base kneels on all fours with legs and arms at right angles. Top performs a front support position with their hands on the bases lower back. The middle stands with their legs together holding the tops ankles and their arms straight above their head with a straight-line body shape.</p>
 <div style="border: 1px solid black; padding: 5px; width: 40px; float: right; text-align: center;">3</div>	<p>Base sits in a pike sit with arms straight up above their head making an L shape. The middle performs an L handstand with their feet in the bases hands. The top puts their hands on the bases ankles and performs a front support lifting one leg higher than horizontal</p>
 <div style="border: 1px solid black; padding: 5px; width: 40px; float: right; text-align: center;">4</div>	<p>The base sits in straddle with a straight back and arms out to the side straight. The top sits on the bases shoulders with straight legs and the middle performs a handstand. The tops arms should be shoulder height holding the middles legs to support the handstand.</p>
 <div style="border: 1px solid black; padding: 5px; width: 40px; float: right; text-align: center;">5</div>	<p>The base and middle do crab side by side with legs at right angles. The top does straddle lever on the legs holding one of each leg.</p>
 <div style="border: 1px solid black; padding: 5px; width: 40px; float: right; text-align: center;">6</div>	<p>The base kneels on all fours. The middle stands with their hands rested on the bases shoulders and lifts one leg above horizontal and the top stands on the bases lower back resting their hands on the middles shoulders.</p>
0.3 TARIFF	DESCRIPTION
 <div style="border: 1px solid black; padding: 5px; width: 40px; float: right; text-align: center;">1</div>	<p>Base performs a one-foot stand with the bent leg at right angles (not toe to knee) Bases arms should be out straight to hold the ankles of the top and the middle performing a handstand. The tops backs are to the base.</p>
 <div style="border: 1px solid black; padding: 5px; width: 40px; float: right; text-align: center;">2</div>	<p>Base lies on their back with their legs up and straight on a slant. Middle stands in a loo position with legs at right angles leaning back onto the bases feet. The top stands on the middles legs with their arms straight above their head to make a straight line body shape.</p>
 <div style="border: 1px solid black; padding: 5px; width: 40px; float: right; text-align: center;">3</div>	<p>Base sits in a pike sit with arms straight up above their head making an L shape. The top and middle both perform L shape handstands with one foot in a hand each of the base and the other leg straight up to make a straight handstand.</p>

TRIO'S - LEVEL 1 CONTINUED

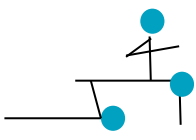
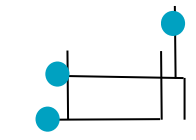
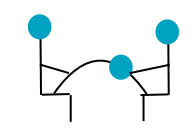
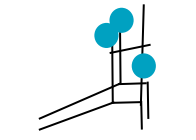
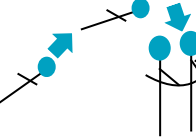
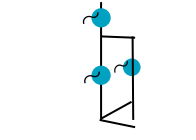
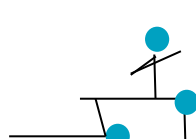
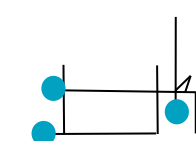
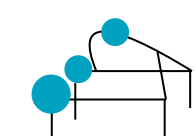
0.3 TARIFF	DESCRIPTION
	<p>Bases stands in a leapfrog position. The top stands on the bases lower back and the middle does a handstand for the top to support. The top may stand sideways with one foot on the shoulders and one foot on the lower back too</p>
	<p>The base does a crab with legs at right angles. The top performs a straddle lever on the bases legs and the middle performs a bridge resting their feet on the bases shoulders. The middles shoulders should be over their hands</p>
	<p>a) Base lies on their back with knees bent up and their arms directly above their shoulders. The top and middle can be optional. One gymnast performs a Mexican handstand resting their ankles in the bases hands and then lifts 1 leg vertical up straight. The other gymnast bends back to put the hands on the bases knees and lifts one leg up straight. This lifted leg should be horizontal B) The base kneels on all fours. The middle stands with their hands rested on the bases shoulders and lifts one leg above horizontal and the top stands on the bases lower back resting their hands on the middles shoulders also lifting one leg above horizontal</p>

	0.1 TARIFF	0.3 TARIFF	0.5 TARIFF
STAND	Star Balance	Arabesque leg below horizontal chest upright	1 foot stand (leg at right angle, not toe to knee)
TUMBLE	2 linked forward rolls	Forward roll star jump forward roll (linked)	2 linked backward rolls
ACRO/FLEX	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
LEAP/JUMP/SPIN	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

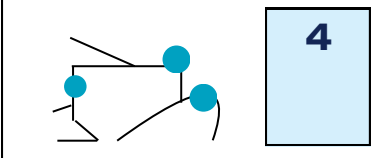
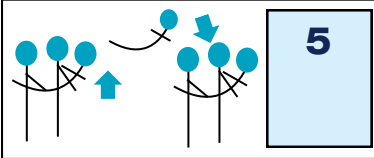
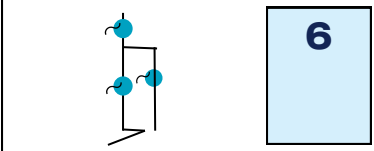
KEY POINTS FOR COACHES

- 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

TRIOS - LEVEL 2

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 lies on their back with their legs stretched out straight and together and with their arms directly above their shoulders. The middle rests their ankles in the bases hands and performs a front support. The top does a straddle lever position on the middles shoulders without lifting their bottom off but lifting their legs above horizontal.</p>
 <div style="border: 1px solid black; padding: 5px; width: 40px; text-align: center; margin-left: auto; margin-right: auto;">2</div>	<p>The base lies on their back with their arm up straight directly above their shoulders and their legs up straight directly above their hips. The middle stands between the bases legs and lies back onto the bases hands. The middles arms should be straight and directly above their shoulders. The top stands on the middles knees with their arms straight above their head creating a straight body line.</p>
 <div style="border: 1px solid black; padding: 5px; width: 40px; text-align: center; margin-left: auto; margin-right: auto;">3</div>	<p>The base and middle stand in a loo position with their legs at a right-angle bend. The top puts their hands one and feet on another to perform a bridge position on their legs. The base and middle may hold the top or put their arms out to the side.</p>
 <div style="border: 1px solid black; padding: 5px; width: 40px; text-align: center; margin-left: auto; margin-right: auto;">4</div>	<p>The middle and top stand side by side in a lunge with the front leg bent at a right angle. The top performs a straight leg handstand with their legs together and the bases support the top with one hand each on the side of the waist and their other arm out straight to the side. The bases should not hold the tops hips or thighs only the waist</p>
 <div style="border: 1px solid black; padding: 5px; width: 40px; text-align: center; margin-left: auto; margin-right: auto;">5</div>	<p>Jump to cradle. The top must show flight in the jump before landing</p>
 <div style="border: 1px solid black; padding: 5px; width: 40px; text-align: center; margin-left: auto; margin-right: auto;">6</div>	<p>Base sits in straddle sit and the top stands on their shoulders. The middle performs a handstand for the top to support. The tops arms should be out straight and on level with their shoulder.</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 lies on their back with their legs stretched out straight and together and with their arms directly above their shoulders. The middle rests their ankles in the bases hands and performs a front support. The top does a straddle lever on the middles shoulders</p>
 <div style="border: 1px solid black; padding: 5px; width: 40px; text-align: center; margin-left: auto; margin-right: auto;">2</div>	<p>The base lies on their back with their arm up straight directly above their shoulders and their legs up straight directly above their hips. The middle stands between the bases legs and lies back onto the bases hands. The middles arms should be straight and directly above their shoulders. The top puts their shoulders on the middles legs and their head in the gap and jumps to a straight handstand with legs together. The tops arm should be bent with their hands on top on the bases legs not hook under.</p>
 <div style="border: 1px solid black; padding: 5px; width: 40px; text-align: center; margin-left: auto; margin-right: auto;">3</div>	<p>The base and middle do crab side by side and the top performs a bridge on top of their crab putting their hands on their shoulders and their feet on their legs</p>

TRIOS - LEVEL 2

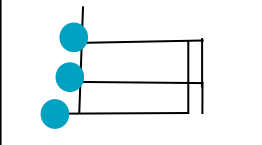
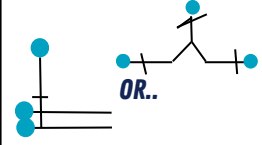
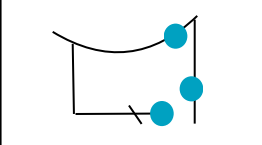
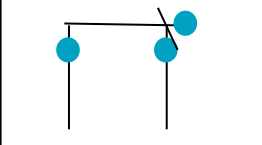
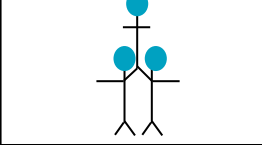

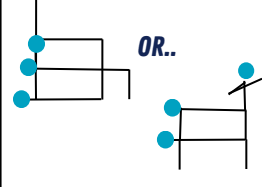
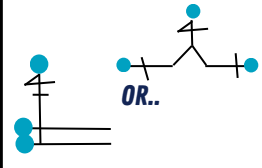
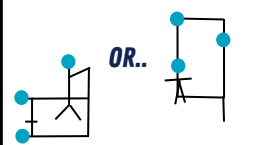
0.3 TARIFF	DESCRIPTION
	<p>Base performs a bridge and the middle kneels down by their feet. The top puts their hands on the bases hips and the middle holds the tops ankle in a front support shape with their arm above their head. The tops other leg should be lifted and the middles other arm out to the side</p>
	<p>From lying in cradle the bases throw the top and re-catch in cradle. The bases should show straight arms at the top of the throw</p>
	<p>Base kneels down and the top stands on their shoulders. The middle performs a handstand for the top to support. The tops arms should be out straight and on level with their shoulder.</p>

	0.1 TARIFF	0.3 TARIFF	0.5 TARIFF
STAND	1 foot stand (leg at right angle, not toe to knee)	Shoulder stand with hands	Vsit without hands Tucked headstand Frog balance
TUMBLE	2 x Linked Backward Rolls	Forward roll ½ turn jump backward roll	2 linked cartwheels sideways or ¼ in ¼ out
ACRO/FLEX	Japana Pike fold Bridge	Splits R or L Chest balance	Bridge hold for 3 then kickover (can do 1 step in if needed) Shoulder stand swim through to tummy
LEAP/JUMP/SPIN	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

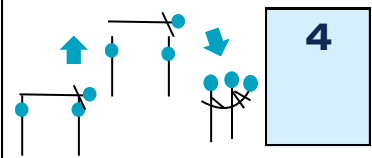
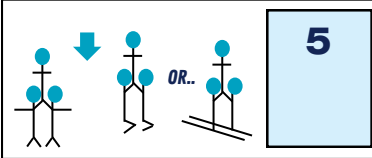
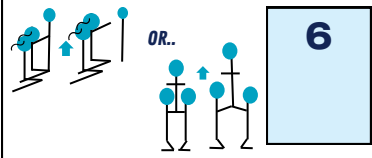
KEY POINTS FOR COACHES

- 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

TRIOS - LEVEL 3

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>The base lies on their back with their arm up straight directly above their shoulders and their legs up straight directly above their hips. The middle stands between the bases legs and lies back onto the bases hands. The top stands on the middles legs and leans back on to the middles hands. The middles arms should stay directly above their 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;">2</div>	<p>A) The base and middle lie down side by side, legs stretched out straight and their arms straight up in line with their shoulders, the top stands in their hands. The top's arms must be directly above their head to show a straight-line body position B) The base and middle lie on the back, legs up straight on a slant so the middle can rest their feet on the back of the bases legs. The top performs a tuck lever with one leg straight above horizontal on the bases feet with their fingers pointing to the heel and facing the middle</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>The base lies on their back with their arms out straight whilst the middle performs a front angel on the bases feet with their arms out straight to support the tops handstand.</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>Front or back log. The top must not be holding the base or the middle</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>Bases stand side by side and the top stands on their 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;">6</div>	<p>The top performs a round off and jumps back to land in cradle on the bases. The jump must show flight</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>A) The base lies on their back with their arm up straight directly above their shoulders and their legs up straight directly above their hips. The middle stands between the bases legs and lies back onto the bases hands. The top stands on the middles legs and puts their shoulders in the middles hands whilst holding the bases feet and jumps to handstand. The middles arms should stay directly above their shoulders. B) The base does a crab and the middle does a crab on top of the base. The top does straddle or pike lever on the bases legs</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>A) The base and middle lie down side by side with their legs stretched out straight and their arms straight up in line with their shoulders and the top performs straddle lever on the bases hands B) The base and middle lie on the back with their legs up straight on a slant so the middle can rest their feet on the back of the bases legs. The top performs straddle lever on the bases feet with their fingers pointing to the heel and facing the middle</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>A) Base lies on their back with their legs straight up in line with their hips. The middle lies back onto the bases feet whilst holding the bases hands and the top sits on the middles tummy with their legs straight down and holding the middles feet B) Base stands in loo position with legs at right angle and arms straight out to the side. The top sits on the bases shoulder with straight legs and the middle stands on the bases legs. The top may hold the middles hands/arms</p>

TRIOS - LEVEL 3

0.3 TARIFF	DESCRIPTION
	<p>Front or back log and the bases throw the top to land in cradle. The top must not be holding any of the bases</p>
	<p>Stand on shoulders and the bases transition to kneeling low or splits</p>
	<p>a) The bases kneel down and the top stands in their hands in a pitch position with their hands on the bases head. They pitch straight jump off. The bases should rise to kneeling up during the throw. b) The bases kneel down and make a platform by holding their own wrist and their partners wrist. The top stands on the platform and bend then straightens up to a full stretched position whilst the bases raise the platform to straight arms and then lower back down. The bases stay kneeling low only the arms raise</p>

	0.1 TARIFF	0.3 TARIFF	0.5 TARIFF
STAND	Visit without hands, Tucked headstand Frog balance	Shoulder stand without hands	Straight leg headstand
TUMBLE	2 linked cartwheel 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
ACRO/FLEX	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
LEAP/JUMP/SPIN	Tuck jump straight into ½ turning straight jump ½ wolf spin	Full turning straight jump Full spin	Star jump into full turning straight jump

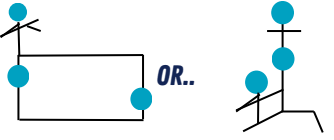
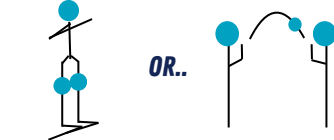

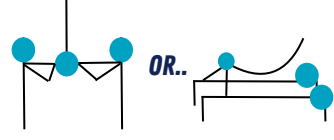

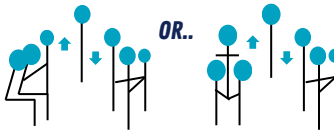
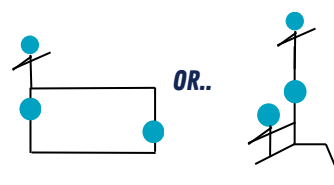
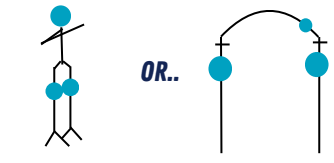

KEY POINTS FOR COACHES

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

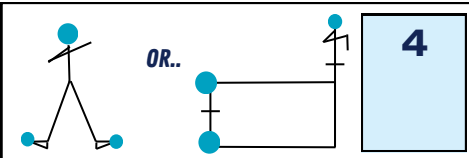
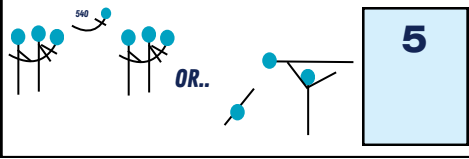
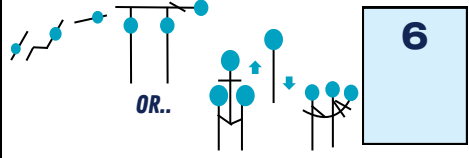
For example:

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

TRIOS - LEVEL 4

0.1 TARIFF	DESCRIPTION
	<p>1</p> <p>A) Base sits in a pike sit to make an L shape. Middle holds the bases ankles and does and L shape handstand putting their feet/ankles in the bases hands. The top does a tuck lever with one leg straight above horizontal on the middles legs on top of the bases hands. B) Base stands in lunge and the top does stand on shoulders whilst the middle holds the bases shoulder and back of the leg and does straddle lever</p>
	<p>2</p> <p>A) The bases kneel down side by side and the top does straddle lever on hands B) One base hold the tops feet and the other holds the tops hands and the top does a bridge on the bases low arm. The bases should not be resting their hands on their shoulders.</p>
	<p>3</p> <p>A) Low stack with the top standing on shoulders and the middle standing on the bases legs B) The base kneeling down and the middle stands on the bases legs and the top stands on the middles shoulders.</p>
	<p>4</p> <p>A) Tsuk handstand hold. The bases hold the wrist/hand of the top and the bicep/shoulder of the top one on each side. The bases should not be resting on their tummy B) The bases do a crab side by side and the top performs an elbow planche on their legs. The planche should be on one bent elbow in the tummy not resting on two elbows</p>
	<p>5</p> <p>A) Cradle throw with 360 turn to land back in cradle B) 1/2 turning helicopter from cradle or hands. The top should not twist but should half turn around the bases head to land back in cradle. So, if in back cradle they should land back in back cradle but with their head the opposite side.</p>
	<p>6</p> <p>A) Pitch straight jump the bases should show straight arms on the release B) Platform straight jump. The bases should show straight arms on the release. The top should show a bend and jump for both of these as they are preparations for saltos. They should not stay on straight legs and leave the bases to throw.</p>
0.3 TARIFF	DESCRIPTION
	<p>1</p> <p>A) Base sits in a pike sit to make an L shape. Middle holds the bases ankles and does and L shape handstand putting their feet/ankles in the bases hands. The top does a straddle lever on the middles legs on top of the bases hands . B) Base stands in lunge and the top does straddle lever on hands whilst the middle holds the bases shoulder and back of the leg and does straddle lever.</p>
	<p>2</p> <p>A) The bases stand side by side and the top does straddle lever on the bases hands B) One base holds the tops feet and the other holds the tops hands and the top does a bridge on the bases long arms.</p>
	<p>3</p> <p>A) Free low stack with the top standing on shoulders and the middle standing on the bases legs without holding each other. B) The base kneeling down and the middle stands on the bases legs and the top does tuck lever on the bases hands.</p>

TRIOS - LEVEL 4

0.3 TARIFF	DESCRIPTION
	<p>A) The bases do a shoulder stand with their legs up straight on a slant so the middle can rest their feet on the back of the bases legs. The top performs tuck lever with one leg straight above horizontal on the bases feet with their fingers pointing to the heel and facing the middle B) Base lies on their back with their legs straight up in line with their hips. The middle lies back onto the bases feet whilst holding the bases hands and the top does a tuck lever on the middles feet.</p>
	<p>A) Cradle throw with 540 turn to land back in cradle B) Supported handspring the bases one on each side support the bicep/shoulder and the tops back of the thigh and once the top does the handstand into the handspring the bases lift with straight arms above their head boosting the tops thighs to show a release pop whilst keeping hold of the tops arm. This should be a fast dynamic move.</p>
	<p>A) Top performs a round off and jumps back showing flight before the bases catch one on ankles and one on the back of shoulders to lift the top into a log position B) Platform straight jump to land in front or back cradle. The top should show a bend and jump and a full straight jump before the ¼ salto.</p>

	0.1 TARIFF	0.3 TARIFF	0.5 TARIFF
STAND	Straight leg headstand	Arabesque or Y-Scale	Straddle or pike lever
TUMBLE	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
ACRO/FLEX	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
LEAP/JUMP/SPIN	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

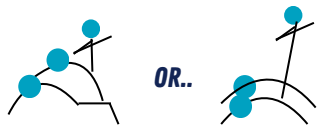

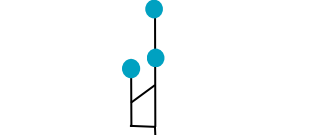
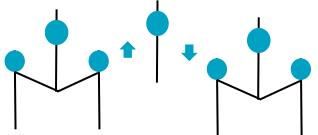

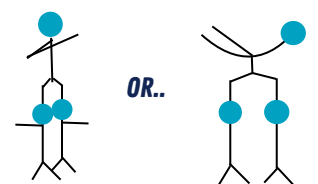
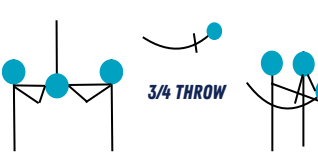
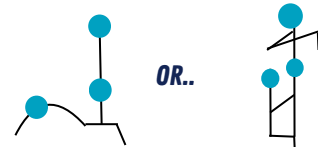
KEY POINTS FOR COACHES

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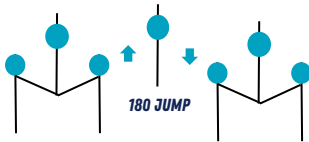
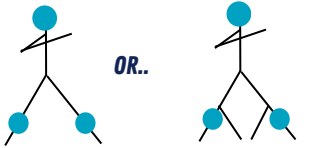
For example:

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

TRIOS - LEVEL 5

0.1 TARIFF	DESCRIPTION
	<p>1</p> <p>A) The base does a bridge, the middle does a bridge on top of the base and the top does a straddle lever on the middles hips B) Bases do bridge side by side with one leg in the air. Top does straddle lever on the foot of the base and middle</p>
	<p>2</p> <p>Tsuk handstand 1/4 throw to front cradle. The bases hold the wrist/hand of the top and the bicep/shoulder of the top one on each side. The bases should not be resting on their tummy.</p>
	<p>3</p> <p>High stack. The base stands in loo position, the middle stands on the knees and the top stands on shoulders</p>
	<p>4</p> <p>Platform straight jump to land back on platform. The top should show a bend and jump.</p>
	<p>5</p> <p>A) The bases do a shoulder stand with their legs up straight on a slant so the middle can rest their feet on the back of the bases legs. The top does a pike or straddle lever B) The bases stand side by side and the top does a handstand in the bases low arm</p>
<p>PLATFORM OR PITCH TUCK BACK OR TUCK FRONT SALTO</p>	<p>6</p>
0.3 TARIFF	DESCRIPTION
	<p>1</p> <p>A) Bases stand side by side with one arm up each and the other out stretched in front. The top does straddle lever on the bases hands B) Bases stand side by side with both hands up above their head. The top does an elbow planche. The top should only be resting on one elbow</p>
	<p>2</p> <p>Tsuk handstand 3/4 throw to back cradle. The bases hold the wrist/hand of the top and the bicep/shoulder of the top one on each side. The bases should not be resting on their tummy.</p>
	<p>3</p> <p>A) The base does a bridge and the middle stands on their legs with the top standing on shoulders B) High stack with W lever. The top does a tuck lever with one leg out straight and above horizontal on the middles hands</p>

TRIOS - LEVEL 5

0.3 TARIFF	DESCRIPTION
 <div style="border: 1px solid black; padding: 5px; display: inline-block; margin-left: 20px;">4</div>	Platform 1/2 turn straight jump to land back on platform
 <div style="border: 1px solid black; padding: 5px; display: inline-block; margin-left: 20px;">5</div>	A) Bases do a handstand leaning in to each other. One resting their feet on the others legs/feet. The handstands should be straight but on a slant. The top does a tuck lever with 1 leg straight above horizontal on their feet. B) The bases put their hands and 1 leg on the floor straight, The other leg is up straight and they join their feet at the top of the straight leg. The top does a tucked straddle lever on their feet.
<p>PLATFORM OR PITCH 3/4 SALTO TO LAND IN CRADLE. TUCK PIKE OR STRAIGHT.</p> <div style="border: 1px solid black; padding: 5px; display: inline-block; margin-left: 20px;">6</div>	

	0.1 TARIFF	0.3 TARIFF	0.5 TARIFF
STAND	Straddle or pike lever	Handstand down to straddle sit (not lever) Handstand 1/2 pirouette	Straddle lever with 1/2 turn Elephant lift to handstand Handstand full pirouette Russian lever legs straddled or piked
TUMBLE	Round off flick Cartwheel flick Handspring Headspring	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
ACRO/FLEX	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 split.	Backward walkover to handstand 1/2 forward walkover out Backward roll to handstand 1/2 pirouette fall to front support Backward walkover to handstand down to straddle sit (not lever) Onod
LEAP/JUMP/SPIN	Full turning tuck jump W-jump into full turning straight jump Split leap	Straddle jump 1/2 turning w jump 1 1/2 spin	Pike jump Ring jump 1/2 split jump Full spin leg at horizontal Change leg split leap

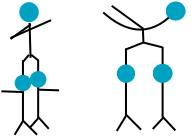
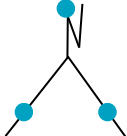
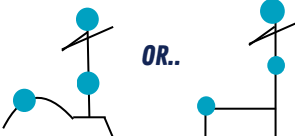
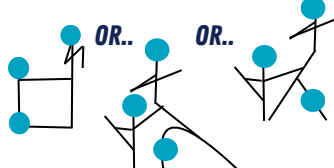
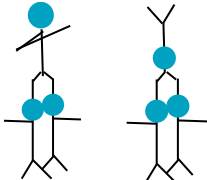
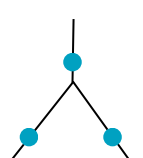
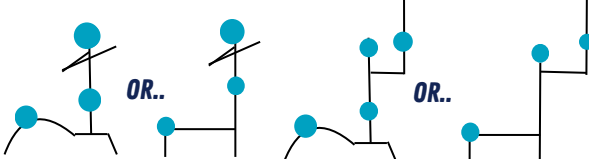
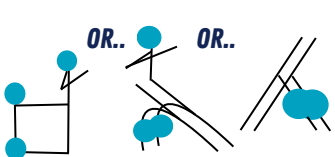
KEY POINTS FOR COACHES

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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

TRIOS - LEVEL 6 - BALANCE

0.1 TARIFF	DESCRIPTION
 <div style="border: 1px solid black; padding: 5px; width: 40px; float: right; text-align: center; font-weight: bold;">1</div>	<p>Top performs straddle to bent arm elbow planche on bases long arm. Top should only be resting on one elbow. The straddle and the planche should be held for 3 seconds</p>
 <div style="border: 1px solid black; padding: 5px; width: 40px; float: right; text-align: center; font-weight: bold;">2</div>	<p>Bases perform teepee position (joining handstand in a slant resting against each other). Top performs a russian lever for 3 seconds on one of the bases feet</p>
 <div style="border: 1px solid black; padding: 5px; width: 40px; float: right; text-align: center; font-weight: bold;">3</div>	<p>Top performs straddle lever on middles long arm in bridge high stack or crab high stack.</p>
 <div style="border: 1px solid black; padding: 5px; width: 40px; float: right; text-align: center; font-weight: bold;">4</div>	<p>A) Base lies on their back with their legs straight up in line with their hips. The middle lies back onto the bases feet whilst holding the bases hands (dead ant) and the top does a tuck lever on the middles feet B) Base performs a bridge with one leg in the air. The top performs a straddle lever with finger tips facing the bases heel whilst the middle performs a Y-Scale holding the bases leg C) Base performs a needle scale with one leg in the air. The top performs a straddle lever whilst the middle performs a Y Scale holding the bases leg</p>
0.3 TARIFF	DESCRIPTION
 <div style="border: 1px solid black; padding: 5px; width: 40px; float: right; text-align: center; font-weight: bold;">1</div>	<p>Top performs Straddle lever to handstand on the bases long arm. The straddle position and handstand position should both be held for 3 seconds</p>
 <div style="border: 1px solid black; padding: 5px; width: 40px; float: right; text-align: center; font-weight: bold;">2</div>	<p>Bases perform teepee position (joining handstand in a slant resting against each other). Top performs a handstand for 3 seconds on one of the bases feet</p>
 <div style="border: 1px solid black; padding: 5px; width: 40px; float: right; text-align: center; font-weight: bold;">3</div>	<p>a) Top performs 2 on 2 straddle lever (both hands on top of each other). The top performs this on bridge high stack or crab high stack. Top performs a handstand on the middles short arm whilst in bridge high stack or crab high stack.</p>
 <div style="border: 1px solid black; padding: 5px; width: 40px; float: right; text-align: center; font-weight: bold;">4</div>	<p>a) Base lies on their back with their legs straight up in line with their hips. The middle lies back onto the bases feet whilst holding the bases hands (dead ant) and the top does a straddle lever on the middles feet b) Bases perform a bridge side by side with one leg each in the air. The top performs a straddle lever on their feet. Bases perform a needle scale and top performs a straddle lever on their feet.</p>

TRIOS - LEVEL 6 - BALANCE - CONTINUED

	0.1 TARIFF	0.3 TARIFF	0.5 TARIFF
STAND	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
TUMBLE	Round off flick Cartwheel flick Handspring Headspring	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
ACRO/FLEX	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 split.	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) Onod
LEAP/JUMP/SPIN	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

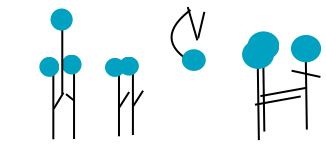
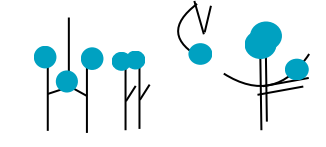
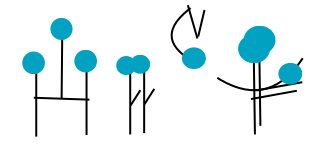
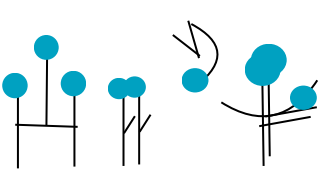
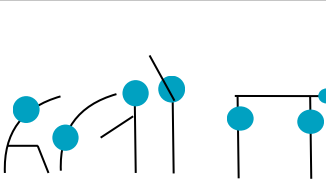
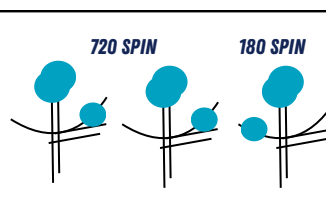
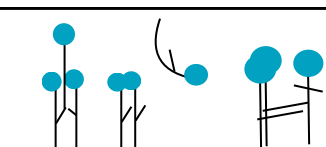
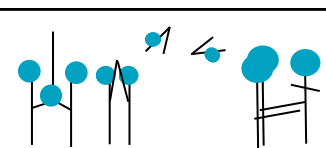
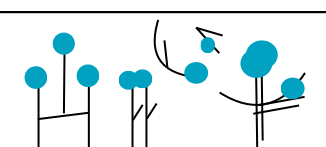
KEY POINTS FOR COACHES

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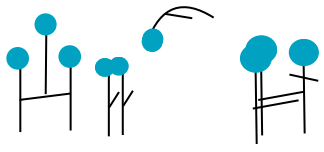
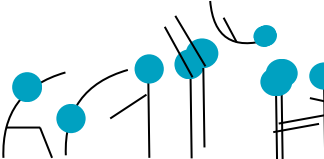
For example:

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

TRIOS - LEVEL 6 - DYNAMIC

0.1 TARIFF	DESCRIPTION
 <div style="border: 1px solid black; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin-left: 10px;">1</div>	<p>Bases side by side pitch tuck back. The bases should hold one foot each with one hand on top of the other</p>
 <div style="border: 1px solid black; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin-left: 10px;">2</div>	<p>From Tsuki position with bases holding the tops arms (not resting on their body) bend and throw the top who will perform a $\frac{3}{4}$ back salto to land in cradle</p>
 <div style="border: 1px solid black; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin-left: 10px;">3</div>	<p>Platform tuck back salto $1 \frac{1}{4}$ to land in back cradle</p>
 <div style="border: 1px solid black; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin-left: 10px;">4</div>	<p>Platform tuck front salto to land on the floor. The bases should catch the tops arms.</p>
 <div style="border: 1px solid black; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin-left: 10px;">5</div>	<p>Top performs a round off then shows flight to land in a back log</p>
 <div style="border: 1px solid black; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin-left: 10px;">6</div>	<p>Cradle double twist or $\frac{1}{2}$ helicopter with $\frac{1}{2}$ twist</p>
0.3 TARIFF	DESCRIPTION
 <div style="border: 1px solid black; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin-left: 10px;">1</div>	<p>Bases side by side pitch straight back. The bases should hold one foot each with one hand on top of the other</p>
 <div style="border: 1px solid black; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin-left: 10px;">2</div>	<p>Tsuki to floor (top will perform $1 \frac{1}{2}$ saltos to land on their feet)</p>
 <div style="border: 1px solid black; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin-left: 10px;">3</div>	<p>Platform pik or straight back salto $1 \frac{1}{4}$ to land in back cradle</p>

TRIOS - LEVEL 6 - DYNAMIC - CONTINUED

	4	<p>Platform straight front salto to land on the floor. The bases should catch the tops arms.</p>
	5	<p>Top performs a round off and the bases catch the top to boost them over their head into a straight back salto to stand. The bases should turn after the boost to catch the top</p>
<p>720 SPIN INTO HELI 1/2 WITH 180 SPIN</p>	6	<p>Cradle double twist immediately into 1/2 helicopter with 1/2 twist</p>

	0.1 TARIFF	0.3 TARIFF	0.5 TARIFF
STAND	Straddle or pike lever	Handstand down to straddle sit (not lever) Handstand 1/2 pirouette	Straddle lever with 1/2 turn Elephant lift to handstand Handstand full pirouette Russian lever legs straddled or piked
TUMBLE	Round off flick Cartwheel flick Handspring Headspring	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
ACRO/FLEX	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 split.	Backward walkover to handstand 1/2 forward walkover out Backward roll to handstand 1/2 pirouette fall to front support Backward walkover to handstand down to straddle sit (not lever) Onod
LEAP/JUMP/SPIN	Full turning tuck jump W-jump into full turning straight jump Split leap	Straddle jump 1/2 turning w jump 1 1/2 spin	Pike jump Ring jump 1/2 split jump Full spin leg at horizontal Change leg split leap