



OFFICIAL ACRO COMPETITION HANDBOOK

2025-2027

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VERSION HISTORY

VERSION	SUMMARY OF AMENDMENTS/CHANGES	PUBLISHED DATE
Version 1.0	Document Created	December 2024

*Amendments made at any period between now and 2027 will only be made if necessary and will be emailed out to all club administrators.

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Welcome to the official IGA Acro Competition Handbook.

This handbook is to be followed by all participants in IGA competitions, as the competition team will use it as a guide to ensure that competitions are run to the highest standard. Our goal is to offer valuable support to clubs, coaches, and officials to ensure the smooth and successful execution of all IGA events.

CONTACT DETAILS - COMPETITIONS@IGAUK.COM

If you have any questions, please don't hesitate to contact our competition team directly. They will respond to your inquiries at their earliest availability. We're here to assist you and ensure you have all the information you need.

COMPETITION STRUCTURE

Our competition season spans from January to December annually. The competitions consist of friendly invites, regionals, and National finals throughout the year.

Invitationals are fun competitions that serve great opportunities to increase gymnasts preparation by performing their routines regularly throughout the year.

SANCTIONED EVENTS

Please note that sanctioned events listed on the website are organised by IGA-affiliated clubs and operate independently of IGA. However, we request that all clubs ensure these competitions are conducted in line with our handbooks to maintain high-quality standards.

All booked and confirmed events organised by Independent Gymnastics will be available to view via our IGA Event Finder on our website or on JustGo.

NEW

To ensure there is little disruption to competition dates, only confirmed dates will be added to JustGo. Once competitions are booked they will be uploaded.

IGA COMPETITION CODE OF CONDUCT FOR ALL MEMBERS

NEW

CODE OF CONDUCT

Please ensure that all Code of Conduct guidelines are adhered to at IGA events at all times. This applies to gymnasts, spectators, coaches, officials, and spectators. Respectful behavior, sportsmanship, and professionalism are expected from everyone involved. Any breaches of the Code of Conduct may result in disciplinary action, including removal from the event or future IGA competitions. By following these guidelines, we can maintain a positive and safe environment for all participants.

[CLICK HERE TO VIEW THE CODE OF CONDUCT POLICY](#)

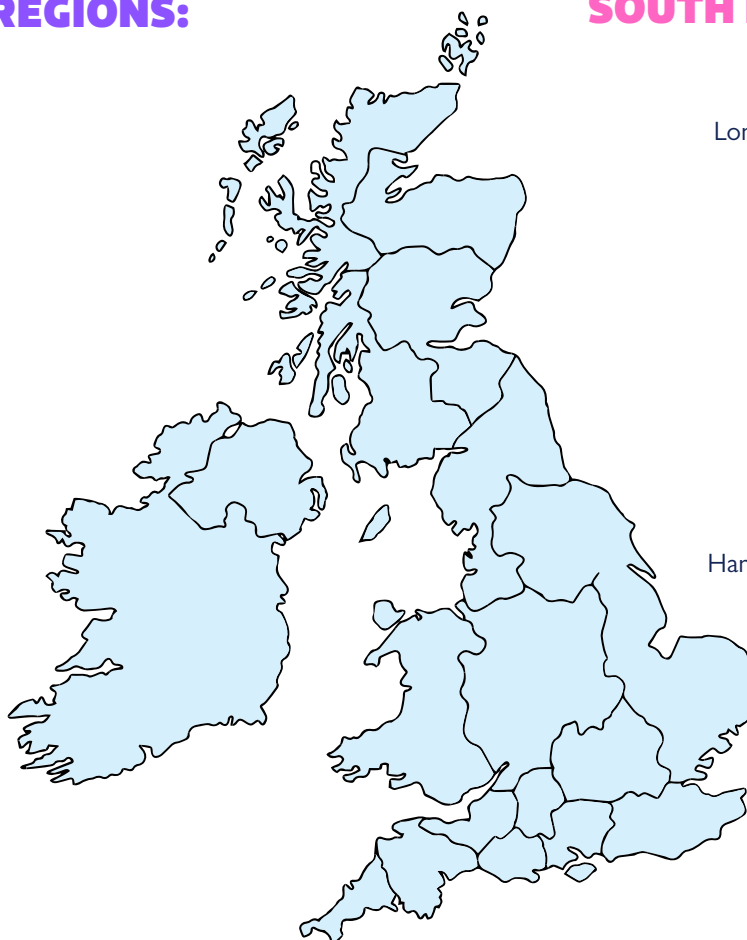


WOMEN'S ARTISTIC COMPETITION REGIONS

As a result of the remarkable expansion of the IGA association, we have divided our county into two distinct regions: South and North. It is imperative for clubs to compete and judges to judge within their designated regions to become eligible for the national finals.

NORTH REGIONS:

Cheshire
Lancashire
County Durham
Cumbria
Manchester
Merseyside
Leicestershire
Derbyshire
Lincolnshire
Northumberland
Scotland
Shropshire
Tyne and Wear
Wales
Yorkshire
Staffordshire



SOUTH REGIONS:

Devon & Dorset
Somerset
London, Essex & Kent
Norfolk & Rutland
Berkshire
Suffolk
Surrey
Sussex
Bristol
Bedfordshire
Buckinghamshire
Brighton & Hove
Gloucestershire
Northamptonshire
Hampshire, IOW & CI
Oxfordshire
Warwickshire
Cornwall
West Midlands
Cambridgeshire
Worcestershire
Herefordshire
Hertfordshire

NORTHERN IRELAND:

Antrim and Newtown abbey
Ards and North Down
Armagh City, Banbridge and
Craigavon
Belfast City
Causeway Coast and Glens
Derry City and Strabane
Fermanagh and Omagh
Lisburn and Castlereagh
Mid and East Antrim
Mid Ulster
Newry, Mourne and Down

SOUTHERN IRELAND:

Cavan	Clare	Carlow
Donegal	Cork	Dublin
Monaghan	Kerry	Kildare
	Limerick	Kilkenny
	Tipperary	Laois
	Waterford	Longford
	Galway	Louth
	Leitrim	Meath
	Mayo	Offaly
Roscommon	Westmeath	
Sligo	Wexford	
	Wicklow	

COMPETITION ENTRIES

IMPORTANT INFORMATION:

NEW

All competitions entries must be submitted via the online portal within the entry and closing date. This includes Gymnasts, Coaches, Judges and Volunteers. Excel entries will not be accepted.

STEP BY STEP GUIDE:

NEW

We have provided Step by Step guides on our Youtube for using justGo - [Click here to Visit.](#)

COMPETITION ENTRY COSTS:

Regionals & Nationals:

£10.00 per gymnast, per event.

COMPETITION ENTRY LIMIT:

We currently have no entry limit as of yet - As IGA grows this may be implemented at a later date.

LATE ENTRIES:

NEW

Unfortunately we are no longer able to accept late entries due to administrative work with our IGA Partners that may be in attendance. Once the deadline has closed, no more updates or changes can be made.

FIRST TIME ENTRIES:

At IGA we have allowed for entry level flexibility which allows gymnasts in their first year of competing to enter any level within the guidelines provided. We trust clubs to ensure the Level is suitable.

JUDGE ENTRIES:

NEW

Judges must be that entered on the portal, for 15 gymnasts entered a minimum of one judge must be provided. For entries of 16 gymnasts or more a minimum of two judges must be provided for the whole competition. JustGo will not allow you to complete your entry without the Judges being provided. If you require a Judge to Judge on your behalf, ensure they are connected to your club to be added to the entry form.

COMPETITION EDITS:

NEW

When registering your gymnasts for a competition through the portal, each club will have the ability to edit their entries up until the closing date by clicking 'My Bookings' when in the Events and Courses section. After the event registration closes, no further edits can be made, so we advise all clubs to ensure all entries are final and accurate.

FLOOR MUSIC

NEW

Gymnasts competing Floor with Floor music, must have their music downloaded digitally onto the Coaches preferred device (Mobile/iPad). We cannot play YouTube videos.

The music may contain words or lyrics, however these must be appropriate otherwise music will be silenced during the routine and the partnership will receive a base score.

Music length is as follows:

1 min 30 secs to 2 min 30secs for pairs and trios

3 mins max for group 6

COMPETITION ENTRIES CONTINUED

COMPETITION ENTRIES AND EVENT PLAN

NEW

Our IGA event plans include specific timelines that we must meet to ensure a successful and well-organised competition. These timelines will be followed to the best of our ability.

6 WEEKS PRIOR

Entries will open on the portal for two weeks. You can edit and view your entries within this time period. Please ensure all details are correct.

4 WEEKS PRIOR

Entries will close. And the competition organiser will begin planning the Event Plan. IGA will notify Partners of their requirements.

4 - 2 WEEKS PRIOR

Event Plans will be sent to all clubs, including allocation of Judges, We kindly ask clubs notify us of any mistakes or errors.

2 WEEKS PRIOR

Final Event Plan will be added to the website under competitions and programmes, Spectator tickets will now go live on the website.

EVENT PHOTOGRAPHY:

We kindly ask that all clubs clearly state if they any participants are unhappy for their gymnasts to be filmed and photographed whilst at an IGA Event. Our marketing team may be in attendance and will be launching live streams and social content. Whilst efforts will be made to respect the privacy preferences of individuals, it may not be possible to accommodate everyone's preferences.

Spectators are able to take photography or film, However these cannot be sold for commercial use and must not use flash photography at any IGA Event.

All mobile phones must be set to silent while on the competition floor. Video content can be taken of your own club with the agreement of the gymnasts right to be filmed.

Please note high quality photo's provided by our contracted Photography company may be used on our official IGA website and social media platforms.

COMPETITION RULES

IGA Clubs and Club Administrators are expected to uphold specific responsibilities when participating in an IGA competition. This includes ensuring that all entries are accurate, adhering to competition rules, and following the Code of Conduct. Clubs must also ensure that gymnasts, coaches, and supporters are well-informed and prepared to represent their club in a positive and professional manner.

QUALIFIED COACHES

NEW

Clubs and Club Administrators are responsible for ensuring that all coaches attending IGA competitions hold the appropriate qualifications for the skills being performed. A minimum qualification of Level 2 is required to assume responsibility for a group of gymnasts. Additionally, all coaches must hold a current, valid DBS check and IGA membership. As all coaches must be added on the IGA JustGo portal, if you do not meet these requirements, you will not be able to book onto the competition as a coach.

Coaches not booked onto the portal cannot attend an IGA Event.

CLUB AFFILIATION

Clubs and Club Administrators must ensure the club entering the competition has active IGA Affiliation.

VOLUNTEERS

NEW

We offer various volunteer roles for clubs to participate in and help ensure the smooth running of the event on the day. Your involvement is highly valued, and we greatly appreciate any support you can provide. If you are interested in volunteering, please select the role you would like to take part in on the registration form.

WITHDRAWALS & REFUNDS

Refunds for entry fee's are only made in the event of an injury, and a valid medical note must be provided as evidence. In all other cases, entry fee's are non-refundable

GYMNAST NUMBERS

Clubs will be responsible for ensuring all gymnasts have registered and collected their designated number. Please note these numbers are property of IGA and must be returned to the Judges after your last competitive piece of apparatus. Failure to return property of IGA may result in a replacement charge applied to the club.

TARIFF SHEETS

Coaches are tasked with the duty of arriving at the IGA competition well-prepared with tariff sheets for each partnership for the judges. It is crucial that these sheets are accurate, aligned with the gymnast's routine, and presented in a clear and concise manner, ensuring that the judges can efficiently assess the performance without overlooking any significant skills and calculate their tariff.

Failure to provide tariff sheets will only result in 1.00 penalty being deducted from the Gymnast's final score. We cannot penalise children, for adult errors, so please ensure you have these at our Events.

COMPETITION RULES CONTINUED

SCORE CHALLENGES

NEW

In the event of a coach requiring to challenge a score. It is required for coaches to submit the score challenge to the competition organiser before the end of the final rotation. Coaches must not approach the judging table and must approach the head office team member. A £5 cash fee will be required to be paid for all score challenges, this will be refunded if the challenge is upheld. A written explanation will be given to the coach upon investigation. Video or Photo's cannot be used as evidential material. Please note that the decision of the head office member or competition organiser regarding the score challenge is final, once a competition is complete a score cannot be contested.

SAFETY RULES

EQUIPMENT

We follow FIG Guidelines on equipment at all Events, the only height changes applicable to the competition are the vault heights which are set by the technical team and UB heights upon request. All equipment is quality checked by the competition team before an event has started.

FIRST AID KITS

It is the coaches responsibility to ensure they attend all IGA events with a first aid kit on hand to address any minor injuries. Our officials will provide a first aider at every IGA event. Accidents at an IGA event will be documented.

GYMNAST SAFETY

Coaches must be responsible for the safety of their gymnasts, we are allowing coaches to be on available on all tumble runs. Direct spotting during a competition routine will incur a judging penalty.

To encourage the safety and protection of Gymnasts, IGA are happy for gymnasts to wear coloured limb supports during competition and will receive no penalty. Please ensure gymnasts are fit and healthy up to two weeks before to be competing at IGA Competitions.

SAFEGUARDING

NEW

Our Senior Safeguarding Officer may attend some competitions to ensure the safety and well-being of everyone involved. This presence is part of our ongoing commitment to maintaining a secure and supportive environment for all participants, coaches, and spectators within the IGA community.

GYMNASTS RIGHTS **NEW**

The inclusion of Gymnasts' Rights in the competition handbook reflects our commitment to fostering a safe, respectful, and supportive environment for all athletes. By clearly outlining these rights, we aim to empower gymnasts, ensuring they understand their entitlements regarding safety, fair treatment, and the freedom to express their concerns.

Have their performance judged correctly, fairly, and in accordance with the stipulations of the Code of Points.

Repeat their entire exercise (without deduction) by approval of the head office or competition organiser.
1. if the exercise has been interrupted for reasons beyond their control or responsibility.

Briefly leave the competition hall for personal reasons.
Note: The competition may not be delayed through the absence

Allow mats to be used during warm up for D Element Skills. Double Tucks are all allowed a 10cm mat.

JUDGES RIGHTS **NEW**

Judges are entitled to work in a respectful environment free from harassment or undue pressure from coaches, gymnasts, or parents.

Judges have the right to evaluate each gymnast's performance fairly and impartially, based on the established scoring criteria and guidelines.

Judges have the authority to stop a performance if they believe a gymnast's safety is at risk due to equipment issues, unsafe conditions or notify the safeguarding officer for concerns regarding the gymnasts performance.

Judges have the right to withdraw from judging if they feel that they cannot remain impartial due to personal bias, conflicts of interest, or external pressures.

COACHES RIGHTS **NEW**

The Coaches' Rights section in the competition handbook is included to ensure that all coaches are treated with fairness, respect, and professionalism during competitions. This section outlines their entitlements, such as having access to clear competition guidelines, being able to advocate for the safety and well-being of their athletes, and receiving appropriate support from competition organisers. By defining these rights, we aim to create an environment where coaches can perform their roles effectively, make informed decisions, and foster a positive experience for both gymnasts and themselves throughout the competition.

Assist the gymnast or team under their care on the competition floor during the warm-up period on all apparatus.

Submit a score Inquiry to the IGA Superior Jury concerning the evaluation of the content of the exercise (D-score) of the gymnast. The Superior Jury will be the IGA Office Team Member present at IGA Events.

COMPETITION ORGANISER RIGHTS

NEW

The rights of the competition organiser are essential for ensuring that events run smoothly and efficiently. Organisers have the right to establish and enforce rules, regulations, and guidelines that govern the competition, ensuring a fair and safe environment for all participants. They also have the authority to make decisions regarding scheduling, venue management, and the overall structure of the event.

To call and chair all judges' meetings and instruction session, with the head office present.

To make sure that the time schedule published in the Workplan is respected.

Organisers can create and modify the event schedule as needed, including session times, warm-up periods, and competition order, to optimise the flow of the event.

Organisers have the authority to manage the competition venue, including the setup, safety measures, and any necessary adjustments to accommodate participants and spectators.

Organisers only have the authority to handle competition inquiry requests in the absence of an IGA Head Office member.

IGA HEAD OFFICE RIGHTS

NEW

A member of the head office will always be present at IGA competitions to ensure that the event runs smoothly and fairly for all participants. Their role is to act as an impartial representative who is unattached to any specific club, allowing them to provide a balanced perspective on all aspects of the competition. This presence not only helps maintain a level playing field but also ensures that the event adheres to IGA guidelines and standards. By having a dedicated head office member on-site, we aim to foster an inclusive and supportive environment for all athletes, coaches, and spectators, ultimately enhancing the overall experience of IGA events.

To supervise the overall technical direction of the competition including Judges and Coaches meetings.

At every IGA gymnastics competition, the head office holds the right to manage all score requests submitted to the head table. This process ensures that any inquiries regarding scores are handled efficiently and transparently. Each score request will be thoroughly investigated, and a written explanation will be provided to the coach to clarify any concerns.

The head office has the authority to investigate any disputes or concerns raised during the competition and provide clear resolutions.

The head office can monitor compliance with athlete eligibility requirements, ensuring that all competitors meet the necessary standards.

The head office is responsible for ensuring that all safety protocols are followed, maintaining a safe environment for athletes and spectators.

The head office holds the final authority on all decisions related to the competition, including the handling of protests and appeals.

The Scorer at the competition have the right to a scoring table that is not interrupted at any point during the event. Any disruptions can lead to mistakes in scoring and affect the overall integrity of the competition.

COMPETITION ATTIRE

APPROPRIATE DRESS CODE

Please ensure all participants, Coaches, Officials and Gymnasts are wearing the appropriate dress code. Leotards can be worn with or without sleeves. Underwear on show must match the gymnast's skin tone, or as close as possible, failure to do so will receive a 1.00 penalty from the final score. Gymnasts are allowed to wear shorts during competition, however these must be plain gymnastics shorts and unbranded.

ALTERNATE COMPETITION ATTIRE

Gymnasts may wear alternate competition attire based on their faith or religion, including head coverings. The club will be responsible for assessing any potential risks and take appropriate safety measures.

GYMNAST JEWELLERY

Following FIG guidelines, only studs are allowed to be worn at competitions.

COACH/GYMNAST HAIR

At IGA we require all long hair to be tied back for all participating/coaching.

JUDGES ATTIRE

Judges are required to wear IGA T-shirts during IGA competitions. This is to enable clear indication on who the Judges are at competitions. We will have several sizes available for borrowing; however, if you prefer to purchase your own, you are welcome to do so via the JustGo online shop.

In 2025, all Judges who attend an IGA Course will be given an IGA T-Shirt for future competitions.

IGA OFFICIALS

All IGA officials on site will be easily identified should you require their support at any point as they will be in attendance in their IGA uniform.

IGA AWARDS

REGIONAL & NATIONAL AWARDS

Medals are awarded for all individual gymnasts - 1st/2nd and 3rd.
Participation medals are awarded to all gymnasts who did not receive an IGA medal.

MEDAL CEREMONIES

NEW

In instances where age groups are spread across multiple rounds, IGA will announce the top six gymnasts on each piece of apparatus. Those who do not place in the top six will still receive a participation medal and are not required to stay local for the remainder of the competition. This ensures that all participants are recognised for their efforts while allowing for a streamlined event schedule.

When the scoring is being calculated please refrain from approaching the scoring table. The scorer requires full concentration in order to complete correct scoring results.

NATIONAL FINAL QUALIFICATION

HOW TO QUALIFY:

Gymnast must compete at the IGA qualifier competition held in their own region to qualify for National Finals to represent their Region. Once entries have been received for the regionals then a criteria will be made to explain how many partnerships will qualify to represent their Region at an IGA National Final.

If a gymnast from a partnership is unable to attend the finals then the club will be allowed to swap the gymnast in the partnership for a gymnast of equal ability but they must still apply to the partnership guidelines and the levels guidelines. If the club is unable to do this then the place at the IGA National Finals will be offered to the next highest scoring partnership.

RESERVES

Athletes who placed 7th and 8th in the scoring will be designated as reserve competitors for the nationals. If a qualified athlete within the top 6 is unable to attend, the athlete with the next highest score will be given the opportunity to compete, until the final team is complete.

IGA NATIONAL SQUAD

NEW

Our team is currently working to establish a National Squad selection, where selected gymnasts will be rewarded with exclusive training days at various gyms across the country. If your club is interested in hosting one of these training days, please contact our team with your available dates. We appreciate your support in providing valuable opportunities for our gymnasts.



COMPETITION LEVELS

ACRO COMPETITION LEVELS

Here are the competition levels within the IGA Tumbling programme.
Please make certain that your gymnasts are registered in the appropriate competition levels.

COMPETITION AGE GROUPS:



Acrobatic Gymnastics will be split into two sections (Acro Titans and Acro Warriors).

The aim of this is to allow grass roots in Acrobatic Gymnastics the chance to develop and gain experience of National Finals.

NEW **ACRO TITANS**
Acro Titans is for lower level Acro gymnasts and Acro Warriors is for higher level Acro gymnasts. Each gymnast must fit into one of the sections for all their routines and can not cross into the other section for their routines. This will ensure that experienced gymnasts are not then competing against low level gymnasts too, giving them all a chance of success.

ACRO TITANS

PAIRS

Level 1 - Max 3.0 Tariff
Level 1 - Max 3.8 Tariff
Level 2 - Max 3.0 Tariff
Level 2 - Max 3.8 Tariff
Level 3 - Max 3.0 Tariff

TRIOS

Level 1 - Max 3.0 Tariff
Level 1 - Max 3.8 Tariff
Level 2 - Max 3.0 Tariff
Level 2 - Max 3.8 Tariff
Level 3 - Max 3.0 Tariff

LEVEL 1 TARIFF 2.4 MAY NOT BE ELIGIBLE FOR NATIONAL FINALS.

ACRO WARRIORS

PAIRS

Level 3 - Max 3.8 Tariff
Level 4 - Max 2.0 Tariff
Level 4 - Max 3.8 Tariff
Level 5
Level 6

TRIOS

Level 3 - Max 3.8 Tariff
Level 4 - Max 3.0 Tariff
Level 4 - Max 3.8 Tariff
Level 5
Level 6

GROUP 6

Level 1 & Level 2 (Acro Titans Only)

Titans Level 3 - (All Titan gymnasts)

Level 4 & 5 (Acro Warriors Only)

Warriors Level 3 - (can be a mix of Titans and Warriors or all warriors - all Titan gymnast)

NEW Gymnasts can compete as many events as they wish in different disciplines (women's pair, mixed pair, men's pair, women's trio, men's trio, mixed trio) However, if they are repeating an event, they must change their role in the partnership e.g. if a gymnast is doing two women's pairs this is only possible if they are a top in one and a base in another. Please remember they must remain as an Acro Titan or Acro Warrior and not cross over

NEW It is the club's responsibility to ensure the gymnast has been entered in the correct category. Please check the entry form and make the correct edits BEFORE the competition closes. Once the entries have closed this cannot be amended.

NEW

ACRO JUDGING



The judges will judge routines based on the following criteria:

TERM	DESCRIPTION	MARKED OUT OF
Execution	Technical errors for moves such as wobbles, falls, bent legs, unpointed toes etc.	10.00
Difficulty/Tariff	This will be determined by which moves the gymnasts are competing.	3.0 OR 3.8
Quality of Performance	This is based on the quality of the performance and extension being shown throughout the routine	0.5 <small>(min 0.2 allowed to be given as every gymnast has shown their confidence in getting on the floor to perform)</small>
Relationship & Partnerships	This will be broken down as follows: Ability of gymnasts (noticeably different) & Height (if below shoulder height 0.5 deduction if questionable 0.3)	0.2 0.5 0.3
	MAX SCORE	14.5 OR 15.3

WHEN IN DOUBT, GIVE BENEFIT OF THE DOUBT TO THE GYMNAST!

DETERMING TARIFF

To determine the tariff of individual elements the tariff of the move that each gymnast is doing will be added together then divided by the amount of gymnasts in the partnerships.

NEW

IMPORTANT UPDATE REGARDING STRADDLE LEVERS

As for the straddle lever question. A lot are straddle levers ready for later progression such as 2 on 1 straddle levers on both hands and feet.

We also found a lot of gymnasts sitting on bases hands in pike lever which then resulted in very low marks and because deflating for the gymnasts so we have tried to keep it simple with tucks for easier options and straddle for harder. We have introduced W shape levels and Russian levers higher up the levels. There is not a problem to give the option of pike levers too but this would have to be changed in pairs, trios and 6's and go through all levels.



LEVELS REQUIREMENTS

JUDGING RESOURCE PACK

NEW

IGA has provided judging resource packs which will sit on every judges' table at an IGA official Event. These are also available for download. These packs include deductions for each apparatus, along with a general table of faults. We encourage you to download these resources for your reference.







[CLICK HERE TO DOWNLOAD THE JUDGING PACK](#)



IGA CODE OF POINTS - TECHNIQUE TOOLBOX

NEW

The Code of Points for all skills is now available on our Technique Toolbox, part of the Insight Hub. This growing platform will eventually house detailed information, including skill difficulty, coaching and judging points, as well as videos and photos. You may notice slight changes as we aim to make our skills more progressive and to broaden opportunities for gymnasts. Each skill is categorised by discipline, apparatus, and skill type for ease of reference.

A B C D E F G H I J K L M N													
O P Q R S T U V W X Y Z													
Filter By: Skill Difficulty ▼													
Skill Name	Skill Difficulty		Summary										
1/2 Spin			WAG - Floor/Beam - Spin LEARN MORE 										
Arabesque (Leg Above Horizontal)			Floor/Beam (WAG) - Balance LEARN MORE 										
Arabesque (Leg Below Horizontal)			Floor/Beam (WAG) - Balance LEARN MORE 										

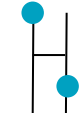
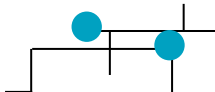

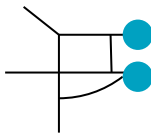
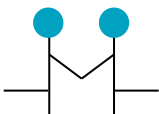
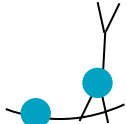

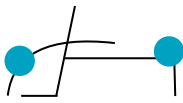

[DIRECT LINK TO THE INSIGHT HUB](#)



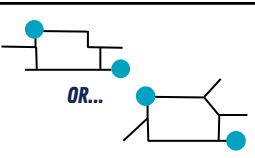
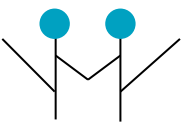
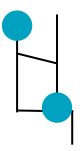


PAIRS

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>OR...</div> <div>4</div>	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.
 <div>5</div>	Top and base standing side by side holding hands with straight arms and they both perform an arabesque or Y-scale
 <div>6</div>	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)

	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 x linked forward rolls	Forward roll star jump forward roll (linked)	2 x 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


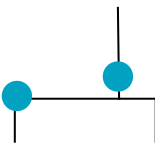
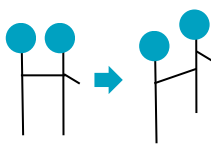

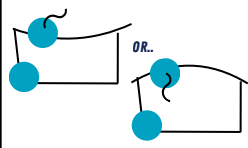
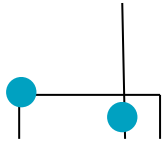
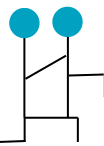
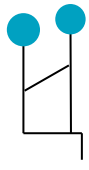
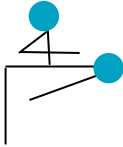
KEY POINTS FOR COACHES

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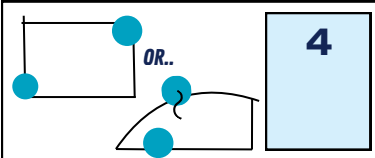
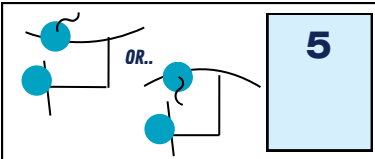
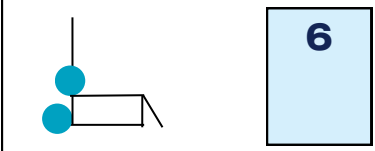
For example:

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

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 up 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
	<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>
	<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 angel on the bases feet. It should be a controlled arch position.</p>
	<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
STAND	1 foot stand leg at right angle not toe to knee	Shoulder stand with hands	Vsit without hands. Tucked headstand or 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) or 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

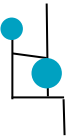

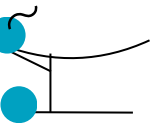

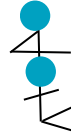
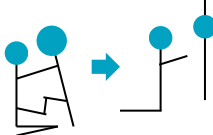
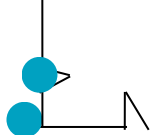

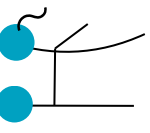
KEY POINTS FOR COACHES

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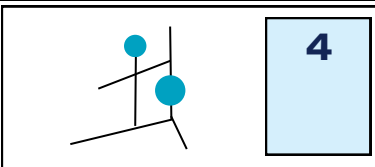
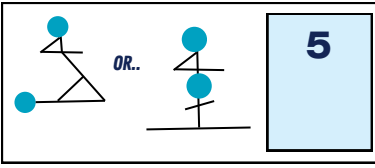
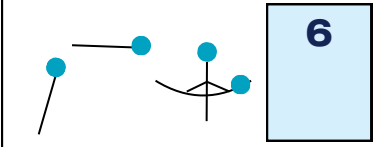
For example:

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

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
STAND	Vsit without hands Tucked headstand Frog balance	Shoulder stand without hands	Straight leg headstand
TUMBLE	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
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

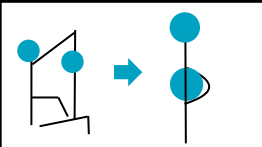
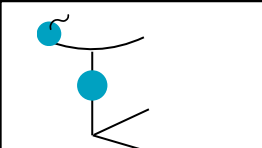
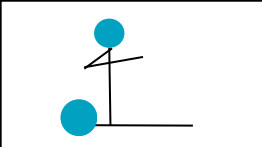
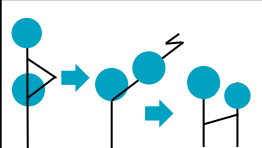
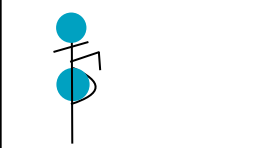
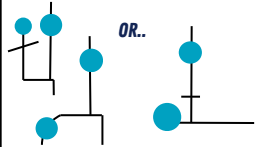
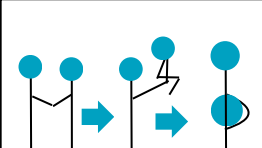
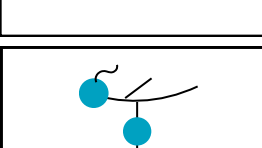
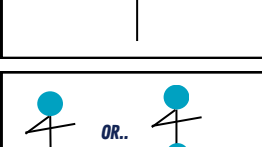
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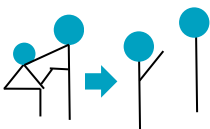
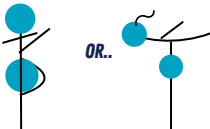
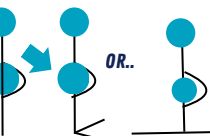
For example:

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

PAIRS - LEVEL 4

0.1 TARIFF	DESCRIPTION
     	<p>1</p> <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 jumps 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> <p>2</p> <p>Base sits in straddle sit Top does front angel in the bases hands without holding the base for support</p> <p>3</p> <p>Base lies on their back with arms straight above their shoulders Top performs straddle lever on hands of the base</p> <p>4</p> <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> <p>5</p> <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> <p>6</p> <p>a) Base standing in a 90 degree lunge 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
  	<p>1</p> <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> <p>2</p> <p>Base stands with their arms above their head. Top does front angel in the bases hands without holding the base for support</p> <p>3</p> <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
 <div>4</div>	Base holds the tops foot and stands bent legged. Top puts their hands on the bases shoulders and performs a pitch straight jump
 <div>5</div>	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.
 <div>6</div>	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
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

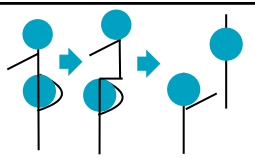
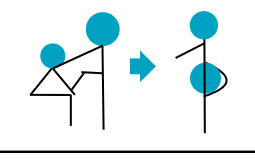
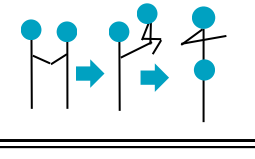
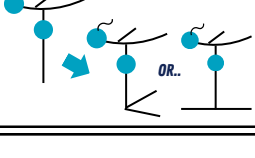
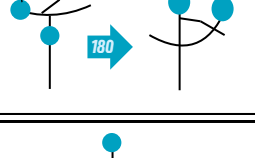
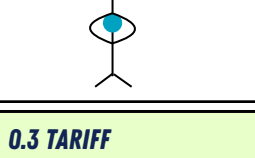
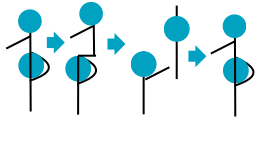
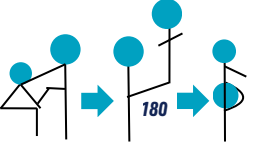
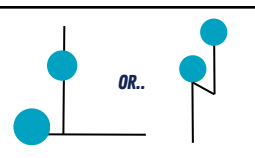
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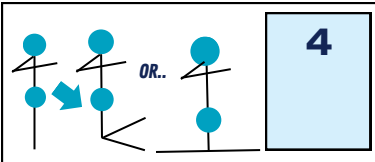
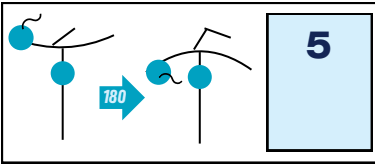
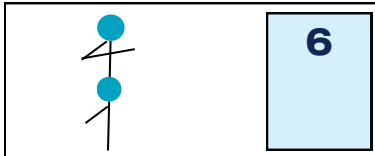
For example:

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

PAIRS - LEVEL 5

0.1 TARIFF	DESCRIPTION
 <div>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>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>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>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>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>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>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>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>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
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 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
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 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
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

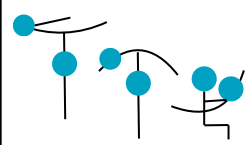
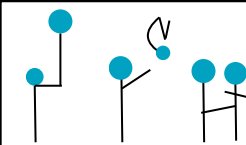
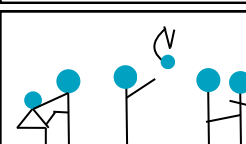
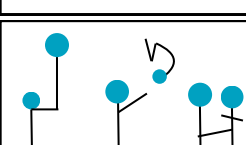

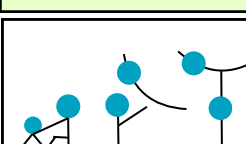
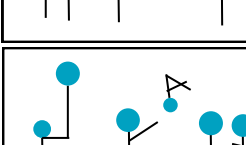
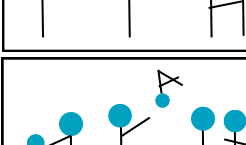


KEY POINTS FOR COACHES

- 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
 1	Front angel throw $\frac{1}{2}$ 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
 2	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
 3	Pitch tuck back to floor. The salto should be performed above the height of the bases head
 4	Tuck front salto from the bases hands. The top should show a bend and jump.
 5	Top performs a round off and shows flight going back into a back angel.
0.3 TARIFF	DESCRIPTION
 1	Pitch throw to land in front angel
 2	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
 3	Pitch pike back to floor. The salto should be performed above the height of the bases head
 4	Pike front salto from the bases hands. The top should show a bend and jump.
 5	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.

PAIRS - LEVEL 6 - DYNAMIC - CONTINUED

	0.1 TARIFF	0.3 TARIFF	0.5 TARIFF
STAND	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
TUMBLE	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
ACRO/FLEX	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
LEAP/JUMP/SPIN	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

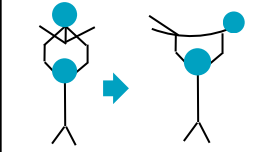

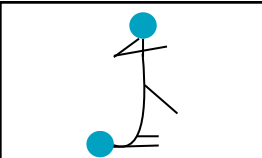
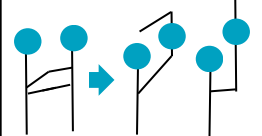
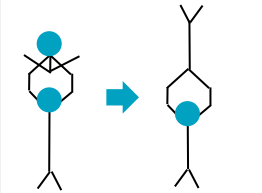
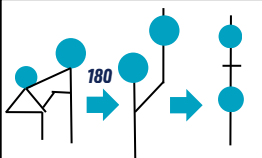
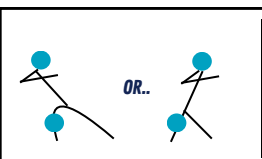
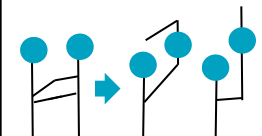
KEY POINTS FOR COACHES

- 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>1</div>	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
 <div>2</div>	Top stands in the base's hands and the base is in long arm position with their arms stretched straight above their head. This should be held for 3 seconds
 <div>3</div>	Top performs a 2 on 1 straddle lever on one of the base's feet. They should be facing the base's heel and away from the base. The base should be in a free shoulder stand position
 <div>4</div>	Top performs reverse up to handstand on the base's short arm. The handstand should be held for 3 seconds
0.3 TARIFF	DESCRIPTION
 <div>1</div>	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
 <div>2</div>	From a pitch position the top performs a half spin to stand in base's long arm. Standing in long arm should be held for 3 seconds.
 <div>3</div>	Top performs a 2 on 1 straddle lever on one of the base's feet whilst the base is in a bridge or a needle scale
 <div>4</div>	Top performs reverse up to handstand on the base's long arm. The handstand should be held for 3 seconds

PAIRS - LEVEL 6 - BALANCE - CONTINUED

	0.1 TARIFF	0.3 TARIFF	0.5 TARIFF
STAND	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 l ½ pirouette -Handstand down to straddle lever -Straddle lever to handstand
TUMBLE	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
ACRO/FLEX	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 l arm Forward walkover
LEAP/JUMP/SPIN	Straddle jump ½ turning w jump l 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.

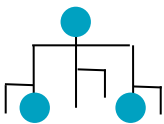
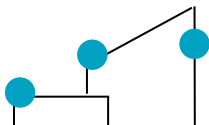
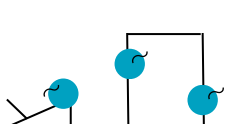
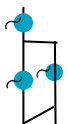
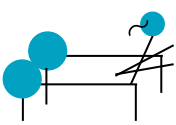
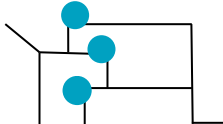
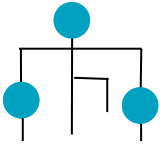
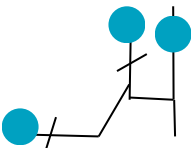
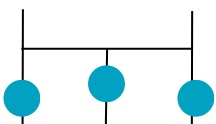
For example:

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

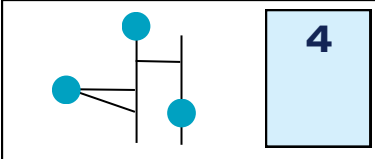
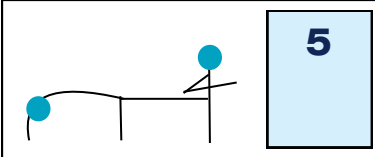
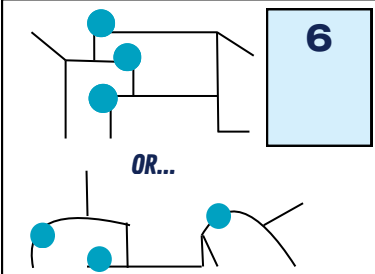


TRIO'S

TRIOS - LEVEL 1

0.1 TARIFF	DESCRIPTION
 <div data-bbox="520 360 627 499">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 data-bbox="520 528 627 667">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 data-bbox="520 696 627 835">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 data-bbox="520 864 627 1003">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 data-bbox="520 1032 627 1171">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 data-bbox="520 1200 627 1339">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 data-bbox="520 1451 627 1612">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 data-bbox="520 1659 627 1798">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 data-bbox="520 1839 627 1977">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

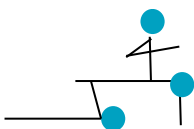
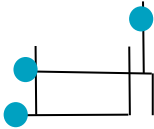
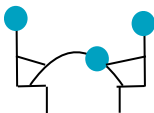
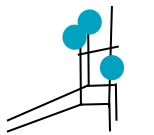
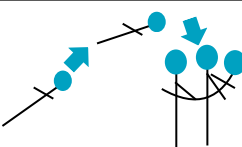

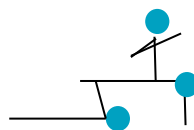
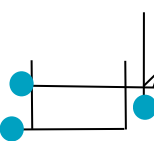
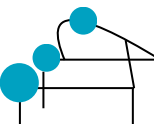
0.3 TARIFF	DESCRIPTION
	<p>Bases stands in a leapfrog position. The top stands on the bases lower back and the middle does a handstand for the top to support. The top may stand sideways with one foot on the shoulders and one foot on the lower back too</p>
	<p>The base does a crab with legs at right angles. 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

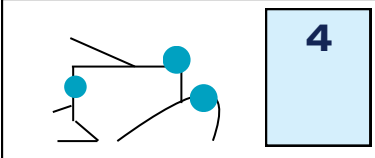
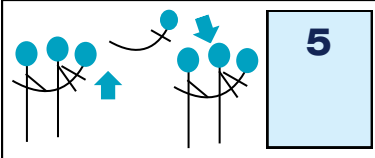
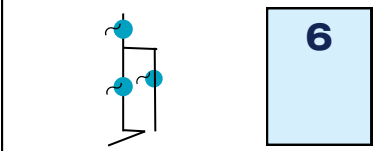
KEY POINTS FOR COACHES

- 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
 1	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.
 2	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.
 3	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.
 4	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
 5	Jump to cradle. The top must show flight in the jump before landing
 6	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.
0.3 TARIFF	DESCRIPTION
 1	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
 2	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.
 3	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

TRIOS - LEVEL 2

0.3 TARIFF	DESCRIPTION
	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
	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
	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.

	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

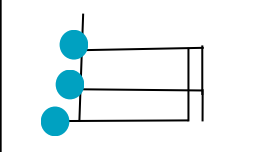
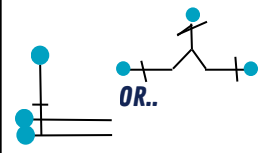
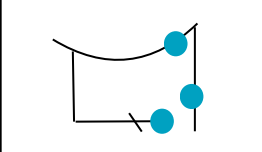
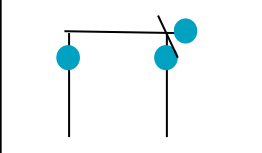
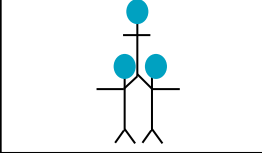
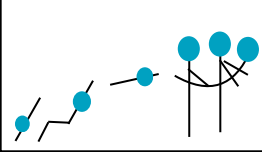
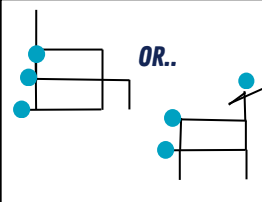
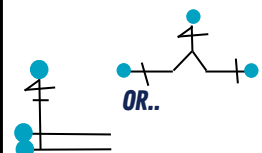
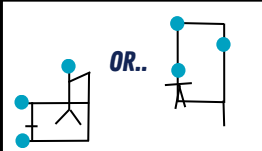
KEY POINTS FOR COACHES

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

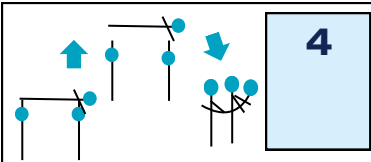
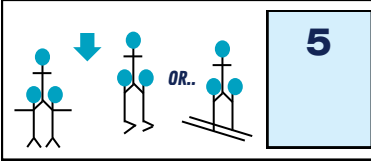
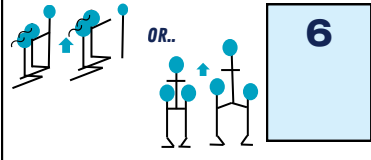
For example:

- 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>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>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>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>4</div>	<p>Front or back log. The top must not be holding the base or the middle</p>
 <div>5</div>	<p>Bases stand side by side and the top stands on their shoulders</p>
 <div>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>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>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>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

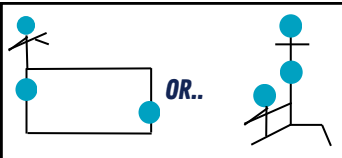
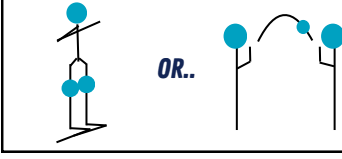

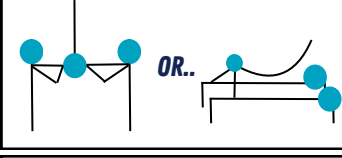
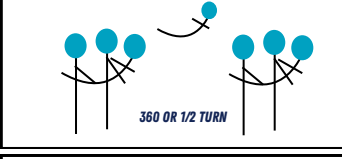
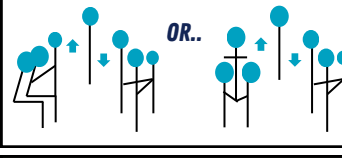
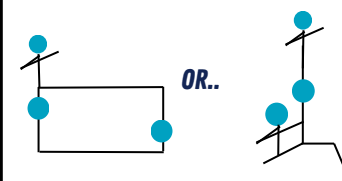
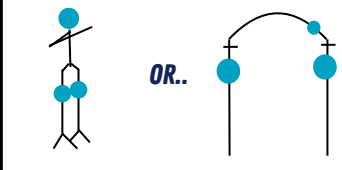

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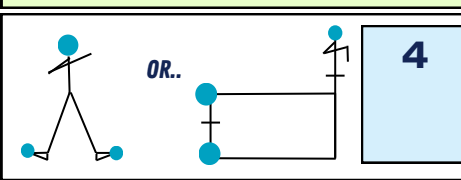
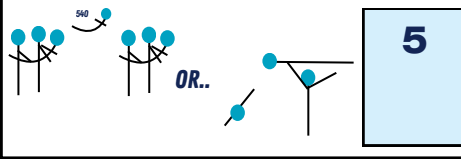
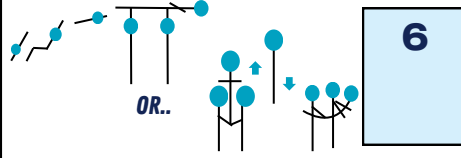
For example:

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

TRIOS - LEVEL 4

0.1 TARIFF	DESCRIPTION
 1	<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>
 2	<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>
 3	<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>
 4	<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>
 5	<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>
 6	<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
 1	<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>
 2	<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>
 3	<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



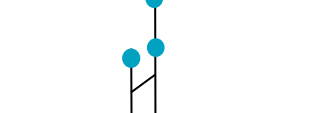


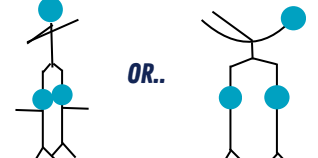

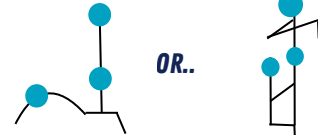
KEY POINTS FOR COACHES

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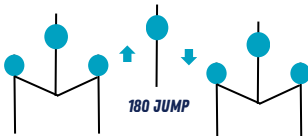
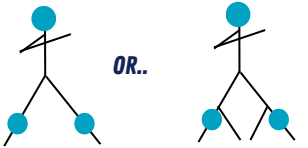
For example:

- 1 - 0.1 Tariff
- 2 - 0.3 Tariff
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- 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 middle's 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 middle's hands</p>

TRIOS - LEVEL 5

0.3 TARIFF	DESCRIPTION
	Platform 1/2 turn straight jump to land back on platform
	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.
PLATFORM OR PITCH 3/4 SALTO TO LAND IN CRADLE. TUCK PIKE OR STRAIGHT.	

	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


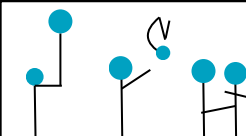
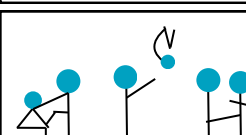
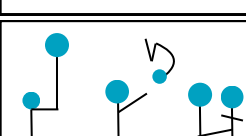

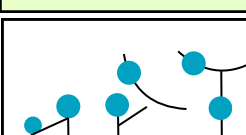
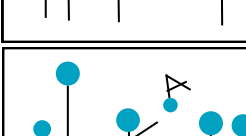
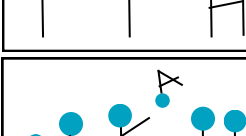
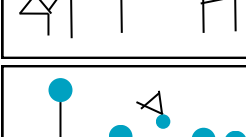
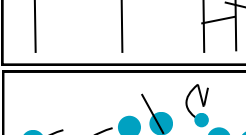
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- 1 - 0.1 Tariff
- 2 - 0.3 Tariff
- 3 - 0.1 Tariff
- 4 - 0.1 Tariff
- 5 - 0.3 Tariff
- 6 - 0.1 Tariff

TRIOS - LEVEL 6 - DYNAMIC

0.1 TARIFF	DESCRIPTION
 1	Front angel throw $\frac{1}{2}$ 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
 2	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
 3	Pitch tuck back to floor. The salto should be performed above the height of the bases head
 4	Tuck front salto from the bases hands. The top should show a bend and jump.
 5	Top performs a round off and shows flight going back into a back angel.
0.3 TARIFF	DESCRIPTION
 1	Pitch throw to land in front angel
 2	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
 3	Pitch pike back to floor. The salto should be performed above the height of the bases head
 4	Pike front salto from the bases hands. The top should show a bend and jump.
 5	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.

TRIOS - LEVEL 6 - DYNAMIC - CONTINUED

	0.1 TARIFF	0.3 TARIFF	0.5 TARIFF
STAND	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
TUMBLE	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
ACRO/FLEX	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
LEAP/JUMP/SPIN	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

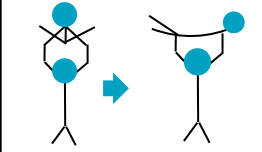
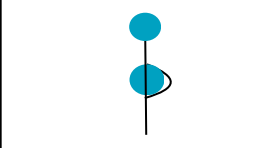
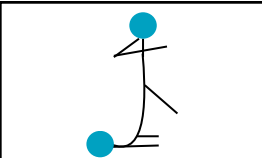
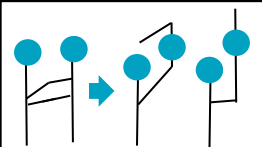
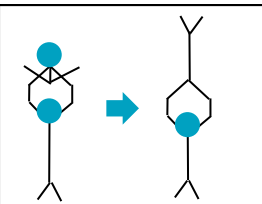
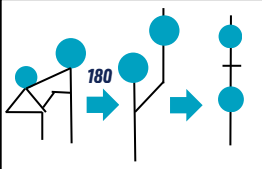
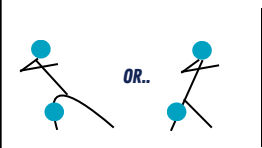
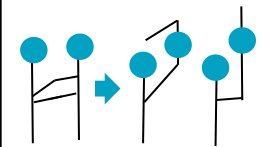
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- 6 - 0.1 Tariff

PAIRS - LEVEL 6 - BALANCE

0.1 TARIFF	DESCRIPTION
 <div>1</div>	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
 <div>2</div>	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
 <div>3</div>	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
 <div>4</div>	Top performs reverse up to handstand on the bases short arm. The handstand should be held for 3 seconds
0.3 TARIFF	DESCRIPTION
 <div>1</div>	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
 <div>2</div>	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.
 <div>3</div>	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
 <div>4</div>	Top performs reverse up to handstand on the bases long arm. The handstand should be held for 3 seconds

PAIRS - LEVEL 6 - BALANCE - CONTINUED

	0.1 TARIFF	0.3 TARIFF	0.5 TARIFF
STAND	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 l ½ pirouette -Handstand down to straddle lever -Straddle lever to handstand
TUMBLE	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
ACRO/FLEX	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 l arm Forward walkover
LEAP/JUMP/SPIN	Straddle jump ½ turning w jump l 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:

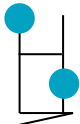
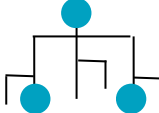

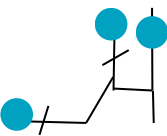

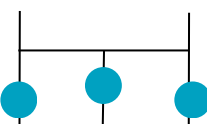
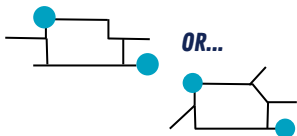

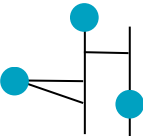
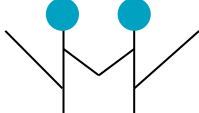




- 1 - 0.1 Tariff
- 2 - 0.3 Tariff
- 3 - 0.1 Tariff
- 4 - 0.1 Tariff
- 5 - 0.3 Tariff
- 6 - 0.1 Tariff



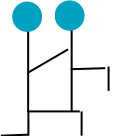
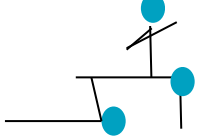
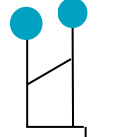
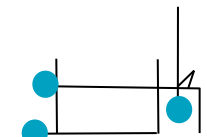
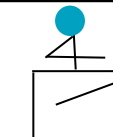
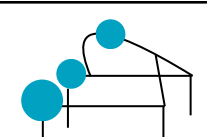
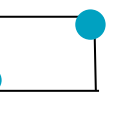

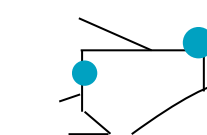

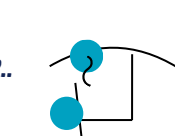


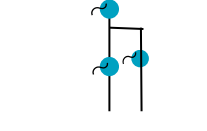
GROUP 6'S

-
- Pick 3 Pair moves and 2 Trio Moves
 - 4 individuals to be performed by all
 - Everyone must be joint and being supported or supporting someone.

GROUP SIX - LEVEL 1

PAIR MOVES - PICK THREE		TRIO MOVES - PICK TWO	
	1		1
	2		2
	3		3
 OR... 	4		4
	5		5
	6	 OR... 	6
4 INDIVIDUALS TO BE PERFORMED BY ALL			
1 foot stand (leg at right angle, not to knee).			
2 x linked backward rolls.			
Japana/Pike Fold/Bridge			
Chasse Jump to two feet 1/2 turning straight jump			
Chasse Jump to two feet tuck jump / 1/2 spin			

GROUP SIX - LEVEL 2

PAIR MOVES - PICK THREE		TRIO MOVES - PICK TWO	
	1		1
	2		2
	3		3
 OR.. 	4		4
 OR.. 	5		5
	6		6

4 INDIVIDUALS TO BE PERFORMED BY ALL

Vsit without hands/Tucked headstand/Frog Balance

2 x Linked Cartwheels sides or 1/4 in 1/4 out

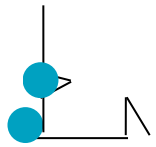
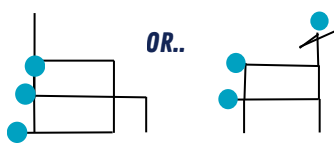

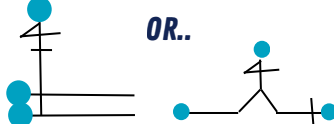
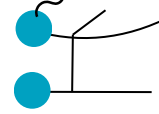
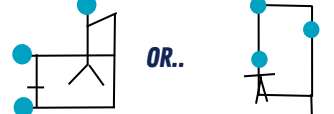
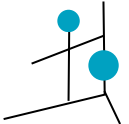
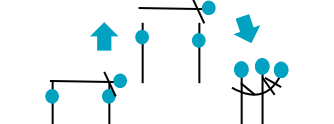
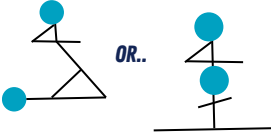
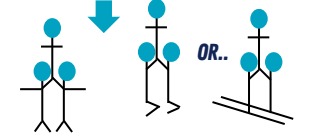

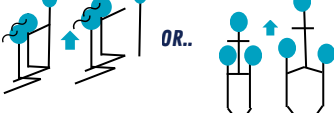
Bridge hold for 3 seconds kicker (can do 1 step in if needed) / Shoulderstand swim through to tummy.

Tuck Jump straight into 1/2 turning straight jump/ 1/2 Wolf Spin

Chasse Jump to two feet W- Jump

Forward roll 1/2 turn jump backward roll

GROUP SIX - LEVEL 3

PAIR MOVES - PICK THREE		TRIO MOVES - PICK TWO	
	1		1
	2		2
	3		3
	4		4
	5		5
	6		6

4 INDIVIDUALS TO BE PERFORMED BY ALL

Straight leg handstand

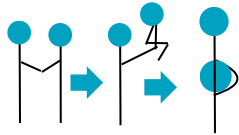
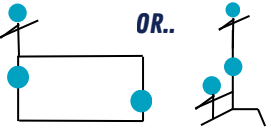
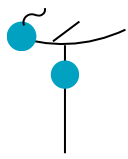
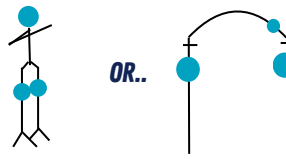
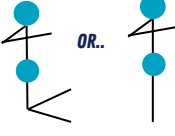

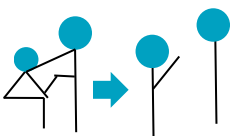
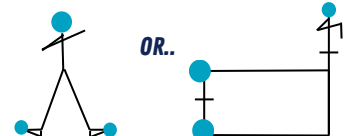
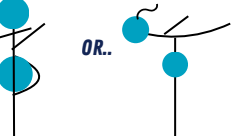
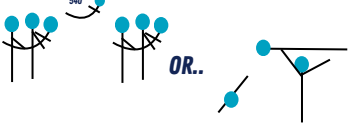
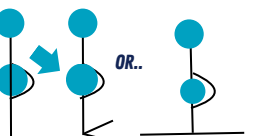
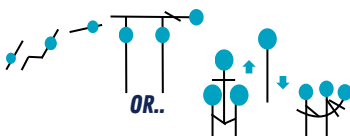
R/off straight jump backward roll / forward roll walkout into 1 arm cartwheel join feet into backward roll

Backward walkover/Forward walkover/Tic Toe

Star Jump into full turning straight jump

Shoulderstand without hands

GROUP SIX - LEVEL 4

PAIR MOVES - PICK THREE		TRIO MOVES - PICK TWO	
	1		1
	2		2
	3		3
	4		4
	5		5
	6		6

4 INDIVIDUALS TO BE PERFORMED BY ALL

Straddle or Pike Lever / Arabesque or Y-Scale

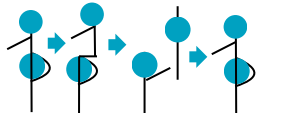
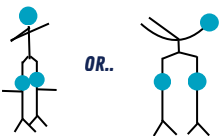
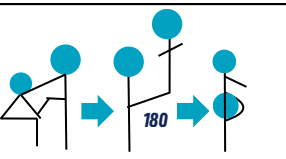
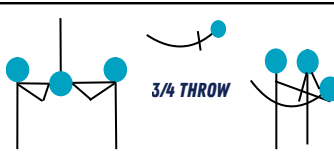
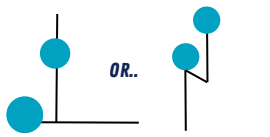
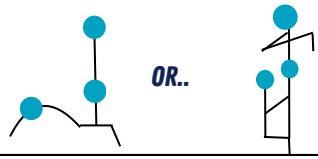
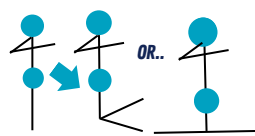
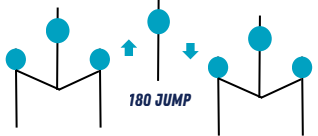
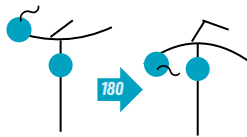
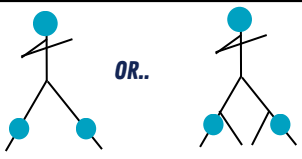

R/ound Flick / Cartwheel Flick / Handspring/Headspring

1 arm Backward walkover/ 1 arm Forward walkover/Fwd or bwd Walkover changing legs to show two split handstands

Full turning tuck jump/ W-Jump into full turning straight jump - Split Leap

Valdez/Backward roll to handstand/Handstand forward roll to piked stand

GROUP SIX - LEVEL 5

PAIR MOVES - PICK THREE		TRIO MOVES - PICK TWO	
	1		1
	2		2
	3		3
	4		4
	5		5
	6	PLATFORM OR PITCH 3/4 SALTO TO LAND IN CRADLE. TUCK PIKE OR STRAIGHT.	

4 INDIVIDUALS TO BE PERFORMED BY ALL

Straddle Lever with 1/2 turn / E-Lift to handstand / Handstand full pirouette / Russian level legs straddled or piked.

Free forward walkover/Tuck or pike front/Handspring walkout into handspring/ R/off tuck or straight back/ R/off flick tuck or straight back.

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) / Ono

Pike jump /Ring Jump / 1/2 Split Jump /Full Spin leg at horizontal /Change leg split leap / Handstand down to straddle sit / Handstand 1/2 pirouette