

GRADE 1 - PAIRS			
	1	2	3
A	(i) Top supported at the waist in a headstand with bent legs. (ii) Top supported at the waist in a headstand with straight legs.	(i) Top in a handstand with the Base supporting the legs. The Top may face inwards or outwards. (ii) Top in a piked handstand, with the hips in line with the shoulders and hands, back flat. Base supporting ankles of Top on straight arms.	(i) Top in a handstand supported at waist. The Top may face inwards or outwards. (ii) Top in a handstand supported at waist on thighs of the Base.
B	(i) Top in counterbalance on floor. The grip in the counterbalance is optional but all arms should be straight. The Top may face inwards or outwards. (ii) Top in an off-balance position supported on the middle/lower back by the feet of the Base.	(i) Top stands supported at waist on thighs of the Base. The Top may face inwards or outwards.	(i) Top in counterbalance on thighs of the Base. The grip in the counterbalance is optional but all arms should be straight. The Top may face inwards or outwards.
C	(i) Top in front support, supported at the ankles by the Base on straight arms. (ii) Top in front support with feet/ankles on bent knees of the Base.	(i) Top in front support with hands on lower legs/ankles legs of the Base. Base supports the lower legs/ankles of the Top on straight arms.	(i) Top in front support with hands on bent knees of the Base. Base supports the lower legs/ankles of the Top on straight arms. (ii) Top in lever with hands on bent knees of the Base. Base supports the lower legs/ankles of the Top on straight arms.
D	(i) Base and Top start back to back in straddle sit, each completes a full circle roll finishing back where they started.	(i) Base in an arch hold, arm position optional. Top reaches both hands over the waist of the Base and completes a forward roll to stand.	(i) Base in dish hold, arm position optional. Top cartwheels over the waist of the Base, with one hand on either side.
E	(i) Top performs a straight jump supported by the Base. The grip is optional.	(i) Top forward rolls to a straight jump supported by the Base. The grip is optional.	(i) Top performs a straight jump supported at the waist by the Base. The Base may release and re-catch the Top but is not required to do so.
Flex	(i) Back straight, toes pointed, arms free in straddle or pike sit. (ii) Standing with legs together, piked at the hips with legs straight, back flat and parallel to the floor, arms free.	(iii) Legs in straddle with back of knees pressed to the floor, toes pointed, back and head in a straight line, with chest at an angle of 45° with the floor. (iv) Legs in straddle with back of knees pressed to the floor, toes pointed, back and head in a straight line, with chest on the floor.	(v) Legs together and straight, back of knees pressed to the floor, toes pointed, back should remain as flat as possible. (vi) Legs in a wide lunge, arm free.
Stand	(i) Shoulders over hands, straight line from head to toe. Toes tucked under. (ii) Lying on lower back arms straight by ears. Feet, legs, shoulders and arms lifted equally off the floor.	(iii) Fingers facing either away from or towards toes, hips lifted to give a straight body position from head to toe. (iv) Lying on front arms straight by ears. Feet, legs, shoulders and arms lifted equally off the floor.	(v) In straddle or pike sit, hands on floor at or in front of the knees, legs are lifted clear of the floor. Legs should remain straight and extended, toes pointed.
Agility/ Tumble	(i) Forward roll should be made from 2 feet. The straddle sit is upright with a straight back. (ii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The jump should be straight and to 2 feet.	(iii) Forward roll should be made from and finish on 2 feet. (iv) Backward roll should be made from 2 feet and the hands touch the floor only at the start. The jump should be straight and to 2 feet.	(v) Backward roll should be made from 2 feet. The straddle stand may be in pike or upright. (vi) Forward roll should be made from 2 feet. The hands should be used at the end of the roll to push up to stand on straight legs.

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	1	2	3
A	i)  ii) 	i)  or  ii) 	i)  or  ii) 
B	i)  or  ii) 	i)  or 	i)  or 
C	i)  ii) 	i) 	i)  ii) 
D	i) 	i) 	i) 
E	i) 	i) 	i)  or 
Flex	i)  ii) 	iii)  iv) 	v)  vi) 
Stand	i)  ii) 	iii)  iv) 	v) 
Agility/ Tumble	i)  ii) 	iii)  iv) 	v)  or  vi) 