GRADE 2 - PAIRS			
	1	2	3
A	(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.	(i) Base supports the heel of the straight leg of the Top in the stag handstand.	(i) Top in a shoulder handstand on straight arms of the Base. Top holds knees/legs of the Base. Base may have their feet on or off the floor. (ii) Top in a supported handstand on ankles of the Base. Base sits supported and supports one bent knee of the Top. (iii) Top in a supported handstand on ankles of the Base. Base sits unsupported and supports one bent knee of the Top with one or two hands.
B	(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.	(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. (ii) Top stands on one foot on thigh of the Base. The grip is optional but all arms should be straight. The Top may face inwards or outwards.	(i) Top stands supported at the waist on the thighs of the Base. (ii) Top in one arm 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. (iii) Top starts in lever on long arm support with feet on the Base's knees/thighs and motions to counterbalance on thighs of the Base. The grip is optional but all arms should be straight in counterbalance.
C	(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.	(i) Top in a supported front angel on feet of the Base. The grip is optional but all arms should be straight. (ii) Top in supported back angel on feet of the Base. The position of the grip on the arms, wrists or hands is optional but all arms should be straight. Top can have both legs together straight or one leg bent at the knee in the back angel. (iii) Top in crocodile on the knee and hand of the Base or on both knees with one leg supported by Base on straight arms.	(i) Top in front angel on feet of the Base. (ii) Top in back angel on feet of the Base. Top can have both legs together straight or one bent knee in back angel. (iii) Top in lever on long arm support of the Base with ankles/feet on Base's knees/thighs. The Tops hands/shoulders should be directly above the Bases hands/arms.
D	(i) Base in dish hold, arm position optional. Top cartwheels over the waist of the Base, with one hand on either side.	(i) Base supports the waist of the Top throughout the cartwheel.	(i) Top performs a backward roll immediate 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. (ii) Top lies on floor with legs straight and vertical. Base throws Top by ankles for a 3/4 tuck back salto. Top may use hands on floor but is not required to do so.
E	(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.	(i) Top leapfrogs over the Base. Base may face either direction. (ii) Base supports the Top on the arms/shoulders for 1/4 straight back jump to wrap. The Base may release and re-catch the Top but is not required to do so. (iii) Base supports the Top on the arms/shoulders for 1/4 straight front jump to wrap. The Base may release and re-catch the Top but is not required to do so.	(i) Top performs 1/4 straight front salto to catch in cradle. The jump can be from a run up or standing. (ii) Base pitches the Top for a lift on straight arms before releasing the Top to land supported on the floor.
Flex	(i) Legs together and straight, back of knees pressed to the floor, toes pointed, back should remain as flat as possible. (ii) Legs in a wide lunge, arm free.	(iii) Shoulders pushed past the hands which are shoulder width apart and straight. Legs straight, feet flat on floor and legs together. (iv) In sitting the arms should be joined behind the back and stretched as far as possible away from the back. Legs should be straight and lifted high off the floor, toes pointed.	(v) Any splits can be performed. The hips should be square to the front and in box splits the knees should be facing the ceiling. Hands can be on or off the floor. (vi) Jump should be from 2 feet and the legs in the jump should be straight and parallel with the floor. Toes pointed and touched with the hands.
Stand	(i) 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.	(ii) Shoulder stand, supported by hands, should achieve a straight body line. (iii) Shoulders over hands, straight line from head to toe. Toes tucked under. Lift one hand up and keeping body tight and straight rotate. Fingers facing either away from or towards toes, hips lifted to give a straight body position from head to toe.	(iv) In the one foot stand the supporting leg must be straight and hips square. In the bent leg stand the free leg should be bent at 90° at the knee and the knee level with the hip. In the arabesque the free leg should be straight. (v) From both knees and hands on the floor lift one leg straight off the floor as high as possible keeping the hips parallel with the floor.
Agility/ Tumble	(i) Backward roll should be made from 2 feet. The straddle stand may be in pike or upright. (ii) 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.	(iii) Forward roll should be made from 2 feet. The straddle stand may be in pike or upright. (iv) Backward roll should be made from and finish on 2 feet. The legs should be straight on the push to stand.	(v) Forward roll should be made from 2 feet. The roll should pass through Japana without stopping and finish lying on front with arms above head and legs together. (vi) Cartwheel chasse cartwheel should be smooth and continuous without additional steps.

GRADE 2 - PAIRS

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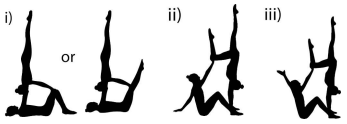
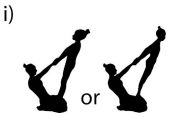
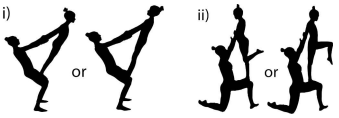
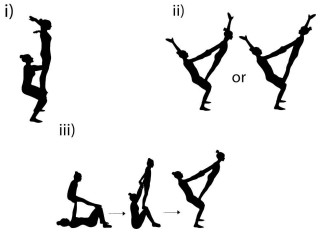
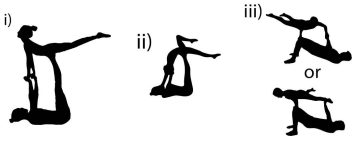
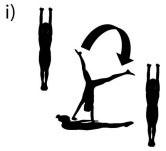
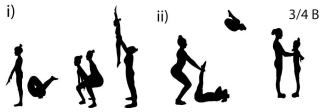
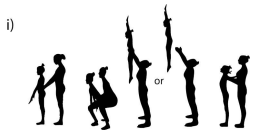
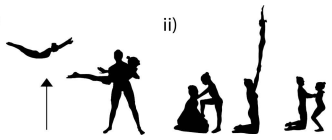
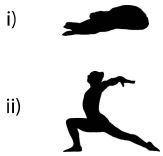
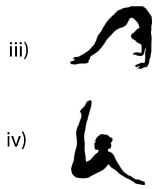
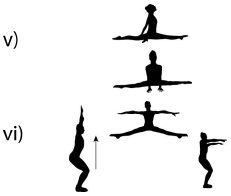
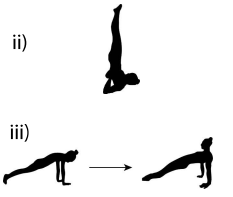
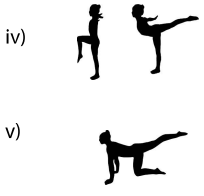
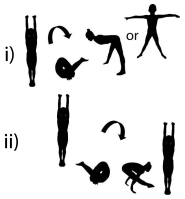
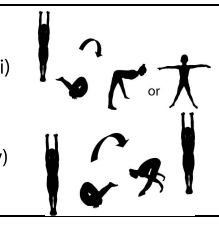
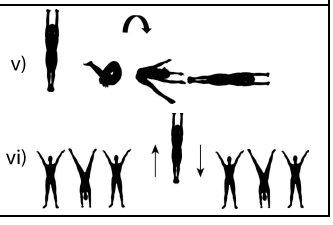
A			
B			
C			
D			
E			
Flex			
Stand			
Agility/ Tumble			

GRADE 2 - GROUPS			
	1	2	3
A	(i) Top in counter balance on thighs of the Base's. The grip in the counterbalance is optional but all arms should be straight. The Top may face inwards or outwards. (ii) Top stands on thighs of the Base's. The grip in the is optional but all arms should be straight. The Top may face inwards or outwards.	(i) Top stands supported on shoulders of the Base and Middle. The support of the Top can be with either arm. (ii) Top stands supported at the waist on the thighs of the Base and Middle in lunge. Lunge can be in any orientation. The support of the Top can be with either arm. (iii) Base supports the lower back of the Middle with straight legs. Top stands in counterbalance on the thighs of the Middle. The grip in the is optional but all arms should be straight. The Top may face inwards or outwards.	(i) Top stands supported on shoulders of the Base and Middle. The support of the Top can be with either arm. (ii) Base supports the lower back of the Middle with straight legs. Top stands supported at waist or unsupported on the thighs of the Middle.
B	(i) Middle sits on feet of the Base, supporting feet against the legs of the Base, if required. Top stands on in one foot stand supported on the arms by the Middle. The grip in the is optional but all arms should be straight. Top and Middle may be interchanged. (ii) Base in table position. Top performs lever on the legs/knees of the Base. The ankles of the Top are supported by the Middle on long arm support.	(i) Middle in front angel on feet of the Base. Top stands in arabesque supported on straight arms by the Middle. The grip in the is optional. Top and Middle may be interchanged. (ii) Base supports the Middle, in a horizontal position, on straight arms. Top performs lever on the legs/knees of the Middle. (iii) Base supports the Top with straight legs in an off balance handstand. Middle is supported at the lower legs/ankles in a front support by the Base on straight arms.	(i) Base supports the Middle, in a horizontal position, on straight arms. Top stands unsupported on the thighs of the Middle. (ii) Middle in front angel on feet of the Base. Top in handstand supported on the legs by the Middle on straight arms. The Top may face inwards or outwards. (iii) Top in a supported lever on thighs of the Base and Middle in lunge. Lunge can be in any orientation. The support of the Top can be with either arm.
C	(i) Base and Middle support handstand of the Top on straight arms. The Top may face inwards or outwards. (ii) Top in a supported handstand on straight arm support of the Base. The Middle in a supported arabesque with straight arms on the shoulders of the Base.	(i) Base and Middle support the Top with straight legs in a handstand. (ii) Middle stands supported at the waist on thighs of the Base. Top in handstand supported on the legs by the Middle on straight arms. The Top may face inwards or outwards. (iii) Top in a handstand, supported with one arm at the waist, on the thighs of the Base and Middle. The support of the Top can be with either arm.	(i) Middle in a supported stand on shoulders of the Base. Top in handstand supported on the legs by the Middle on straight arms. The Top may face inwards or outwards. (ii) Top in a handstand, supported with one arm at the waist, on the thighs of the Base and Middle. The support of the Top can be with either arm. The Top may face inwards or outwards.
D	(i) Base and Middle support the Top for a jump. The shape of the Top in the jump is optional. The Base and Middle may release and re-catch the Top but are not required to do so.	(i) From standing or motion Base and Middle support the Top in a flic from 2 feet to 2 feet.	(i) From standing or motion Base and Middle support the Top in a handspring. There is no release, but the handspring must pass over the heads of the Bases. (ii) Top is pitched for a bend and lift on straight arm of the Bases before being release to land on the floor. Bases may stay on low knees or move to a higher position. (iii) Top stands on platform and bends, Base and Middle lift Top on straight arms before releasing and the Top lands on the floor.
E	(i) Top sits on platform, Base and Middle squat and return to standing. (ii) Top stands on platform, Base and Middle squat and return to standing.	(i) Base and Middle throw the Top from cradle to catch in cradle. Top can be in front or back in cradle. (ii) Top is thrown for a straight jump dismount from sitting on platform.	(i) Top performs 1/4 straight front salto to catch in cradle. This can be from a run or from standing. (ii) Top performs 1/4 straight back salto to catch in cradle. This can be from a run or from standing.
Flex	(i) Legs together and straight, back of knees pressed to the floor, toes pointed, back should remain as flat as possible. (ii) Legs in a wide lunge, arm free.	(iii) Shoulders pushed past the hands which are shoulder width apart and straight. Legs straight, feet flat on floor and legs together. (iv) In sitting the arms should be joined behind the back and stretched as far as possible away from the back. Legs should be straight and lifted high off the floor, toes pointed.	(v) Any splits can be performed. The hips should be square to the front and in box splits the knees should be facing the ceiling. Hands can be on or off the floor. (vi) Jump should be from 2 feet and the legs in the jump should be straight and parallel with the floor. Toes pointed and touched with the hands.
Stand	(i) 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.	(ii) Shoulder stand, supported by hands, should achieve a straight body line. (iii) Shoulders over hands, straight line from head to toe. Toes tucked under. Lift one hand up and keeping body tight and straight rotate. Fingers facing either away from or towards toes, hips lifted to give a straight body position from head to toe.	(iv) In the one foot stand the supporting leg must be straight and hips square. In the bent leg stand the free leg should be bent at 90º at the knee and the knee level with the hip. In the arabesque the free leg should be straight. (v) From both knees and hands on the floor lift one leg straight off the floor as high as possible keeping the hips parallel with the floor.
Agility/ Tumble	(i) Backward roll should be made from 2 feet. The straddle stand may be in pike or upright. (ii) 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.	(iii) Forward roll should be made from 2 feet. The straddle stand may be in pike or upright. (iv) Backward roll should be made from and finish on 2 feet. The legs should be straight on the push to stand.	(v) Forward roll should be made from 2 feet. The roll should pass through Japana without stopping and finish lying on front with arms above head and legs together. (vi) Cartwheel chasse cartwheel should be smooth and continuous without additional steps.

GRADE 2 - GROUPS

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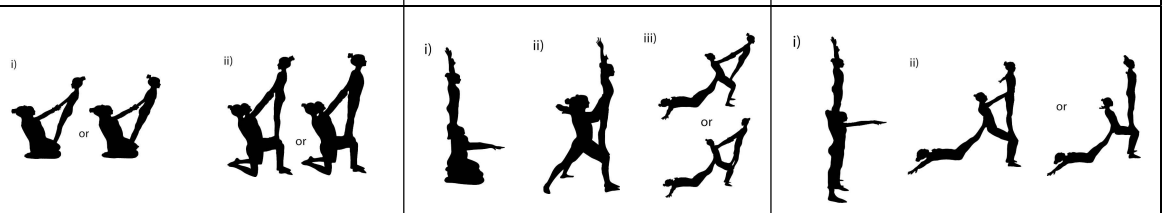
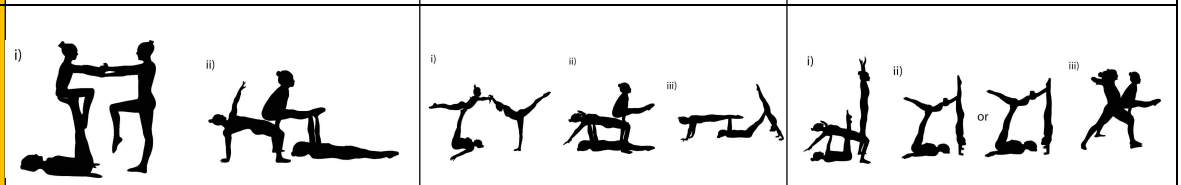
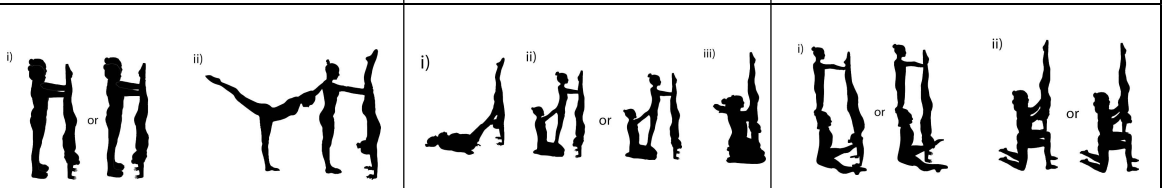
A			
B			
C			
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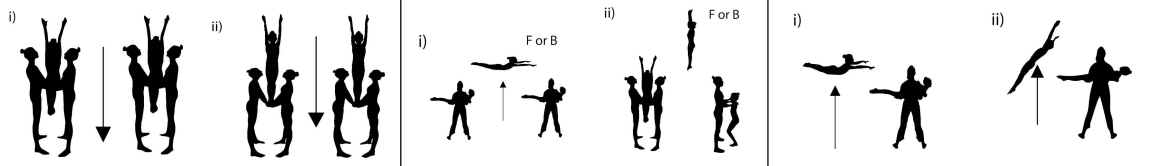
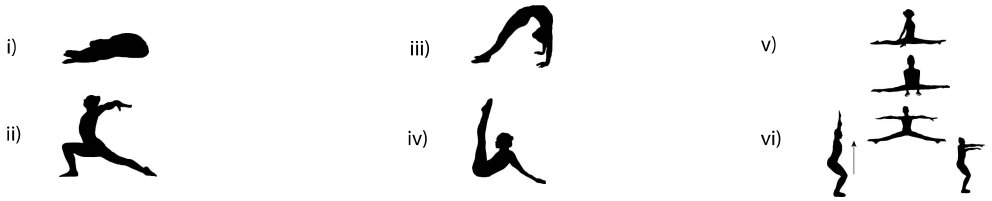
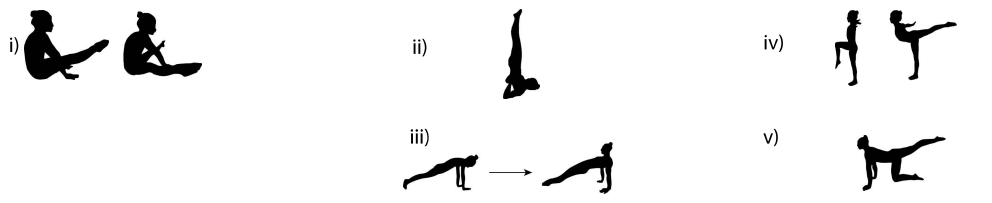
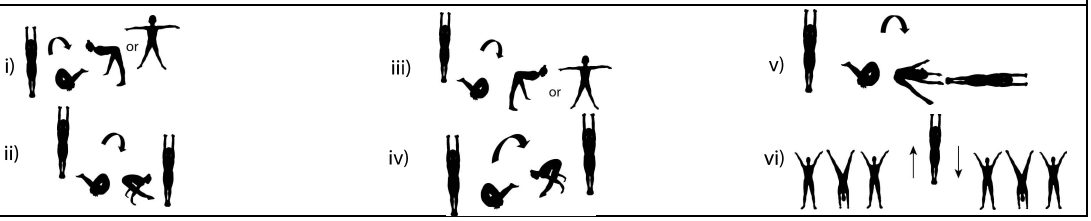
E			
Flex			
Stand			
Agility/ Tumble			

GRADE 2 - MEN'S GROUPS			
	1	2	3
A	(i) Middle stands supported at waist on the thighs of the Bases. Top stands supported on shoulders of Bases.	(i) Middle stands supported at waist on the thighs of the Bases who are in lunge. Lunge can be in any orientation. The support of the Top can be with either arm. Middle supports the Top, on legs, in a handstand with straight arms. The Top may face inwards or outwards. (ii) Middle is supported by the Bases on the lower back in an off balance position. Top stands in counterbalance on the thighs of the Middle. The grip in counterbalance is optional. The Top may face inwards or outwards. (iii) Middle stands supported at waist on Bases thighs in lunge. Lunge can be in any orientation. The support of the Top can be with either arm. Top stands supported on the shoulders of the Bases.	(i) Middle stands supported on the shoulders of the Bases. Bases support the Top, on legs, in a handstand with straight arms. The Top may face inwards or outwards. The support of the Top can be with either arm. (ii) Base 1 supports the lower back of Base 2 in a balanced position. The Middle stands supported at waist on thighs of Base 2 supporting the Top, on legs, in a handstand with straight arms. The Top may face inwards or outwards. (iii) Middle stands unsupported on the thighs of the Bases. Middle support the Top, on legs, in a handstand with straight arms. The Top may face inwards or outwards.
B	(i) Base 2 stands supported at waist on thighs of Base 1. Base 2 supports Top and Middle, on legs, in a handstand with straight arms. The Top and Middle may face inwards or outwards.	(i) The Top and the Middle are supported in a handstand by the feet of Base 1 and Base 2. (ii) Middle is supported by Base 1 and Base 2 on the lower back in an off balance position. Top stands in counterbalance on the thighs of the Middle. Second Top in shoulder handstand on hands of the Base and holding the Bases legs for additional support. The grip in counterbalance is optional. The Top may face inwards or outwards.	(i) Base 1 and Base 2 lie with their feet raised against each other. Top and Middle in supported shoulder handstand on long arm support holding the Bases legs. (ii) Base 2 stands supported at waist on the thighs of Base 1. Base 2 supports Top and Middle, on legs, in a handstand with straight arms. The Top and Middle may face inwards or outwards. (iii) Base 1 in table with Top in lever on thighs. Base 2 supports the ankles of Top in lever. Middle in lever on ankles of Base 2. Top and Middle may be interchanged.
C	(i) Base 2 sits on the shoulders of Base 1. Base 1 supports the Top and Middle, on legs, in a handstand with straight arms. The Top and Middle may face inwards or outwards.	(i) Base 1 lies on floor with legs straight and vertical. Base 2 is supported on straight arms in table position, without arms. Middle stands un-supported on thighs of Base 2 supporting Top, on legs, in handstand with straight arms. The Top may face inwards or outwards. (ii) Middle stands supported on the Bases shoulders. Top is supported by Bases at waist in a headstand. The support of the Top can be with either arm.	(i) Base 2 sits on shoulders of Base 1. Middle stands supported at waist on thighs of Base 1 supporting the Top, on legs, in a handstand with straight arms. The Top may face inwards or outwards.
D	(i) Base 1 and Base 2 support the Top and Middle for a jump. The shape in the jump is optional. The Base and Middle may release and re-catch the Top but are not required to do so.	(i) From standing or motion Base 1 and Base 2 support the Top and Middle in a flic from 2 feet to 2 feet.	(i) From standing or motion Base 1 and Base 2 support the Top and Middle in a handspring. There is no release, but the handspring must pass over the heads of the Bases. (ii) Top is boosted for a pitch bend and lift on straight arm of the Bases before being release to land on the floor. Bases may stay on low knees or move to a higher position.
E	**3 MAN SKILL** (i) Top sits on platform, Base and Middle squat and return to standing. (ii) Top stands on platform, Base and Middle squat and return to standing.	**3 MAN SKILL** (i) Base and Middle throw the Top from cradle to re-catch in cradle. Top can be in front or back in cradle. (ii) Top is thrown for a straight jump dismount from sitting on platform.	**3 MAN SKILL** (i) Top performs 1/4 straight front salto to catch in cradle. This can be from a run or from standing. (ii) Top performs 1/4 straight back salto to catch in cradle. This can be from a run or from standing. (iii) Top is pitched for a bend and lift on straight arm of the Bases before being release to land on the floor. (iv) Top stands on platform and bends, Base and Middle lift Top on straight arms before releasing and the Top lands on the floor.
Flex	(i) Legs together and straight, back of knees pressed to the floor, toes pointed, back should remain as flat as possible. (ii) Legs in a wide lunge, arm free.	(iii) Shoulders pushed past the hands which are shoulder width apart and straight. Legs straight, feet flat on floor and legs together. (iv) In sitting the arms should be joined behind the back and stretched as far as possible away from the back. Legs should be straight and lifted high off the floor, toes pointed.	(v) Any splits can be performed. The hips should be square to the front and in box splits the knees should be facing the ceiling. Hands can be on or off the floor. (vi) Jump should be from 2 feet and the legs in the jump should be straight and parallel with the floor. Toes pointed and touched with the hands.
Stand	(i) 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.	(ii) Shoulder stand, supported by hands, should achieve a straight body line. (iii) Shoulders over hands, straight line from head to toe. Toes tucked under. Lift one hand up and keeping body tight and straight rotate. Fingers facing either away from or towards toes, hips lifted to give a straight body position from head to toe.	(iv) In the one foot stand the supporting leg must be straight and hips square. In the bent leg stand the free leg should be bent at 90º at the knee and the knee level with the hip. In the arabesque the free leg should be straight. (v) From both knees and hands on the floor lift one leg straight off the floor as high as possible keeping the hips parallel with the floor.
Agility/ Tumble	(i) Backward roll should be made from 2 feet. The straddle stand may be in pike or upright. (ii) 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.	(iii) Forward roll should be made from 2 feet. The straddle stand may be in pike or upright. (iv) Backward roll should be made from and finish on 2 feet. The legs should be straight on the push to stand.	(v) Forward roll should be made from 2 feet. The roll should pass through Japana without stopping and finish lying on front with arms above head and legs together. (vi) Cartwheel chasse cartwheel should be smooth and continuous without additional steps.

GRADE 2 - MEN'S GROUPS			
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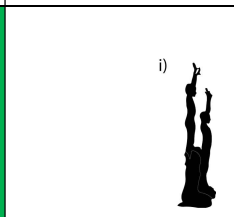
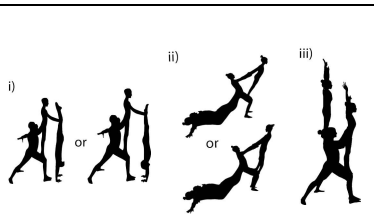
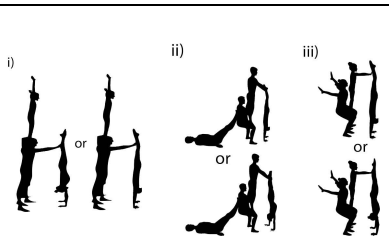
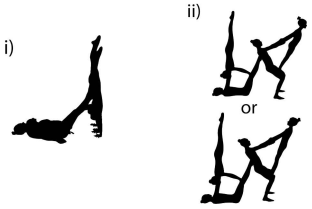
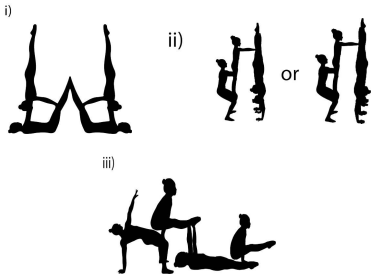
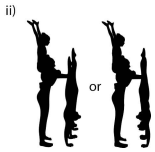
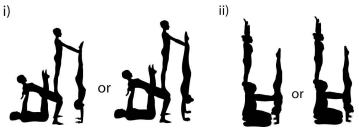
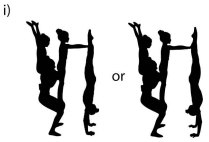
A			
B			
C			
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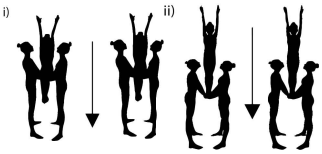
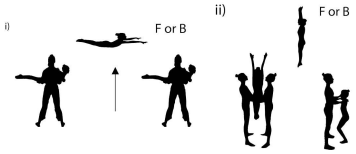
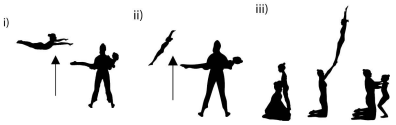
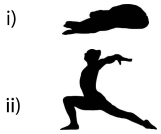
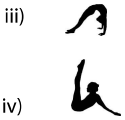
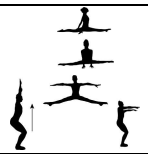
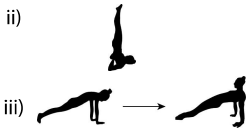
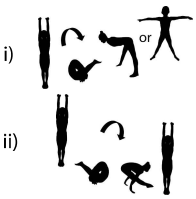
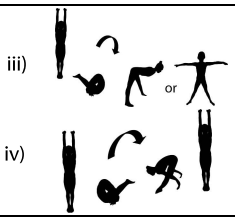
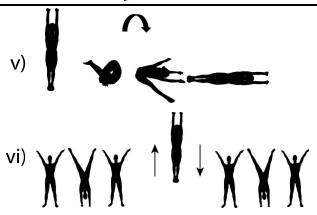
E			
Flex			
Stand			
Agility/ Tumble