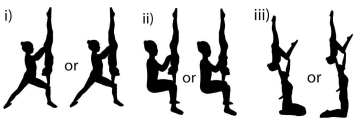
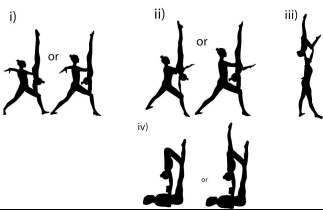
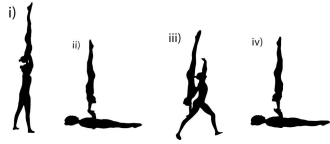
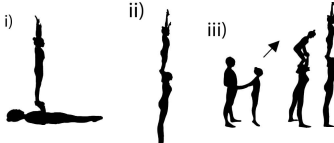
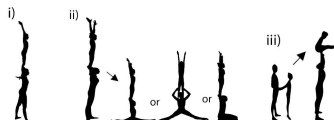
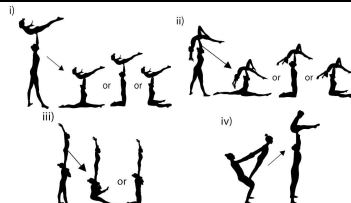
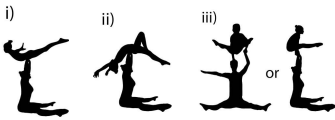
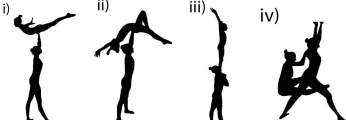
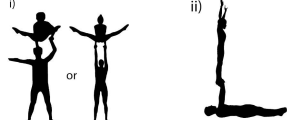
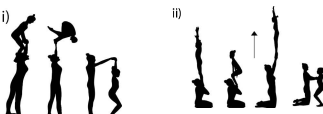
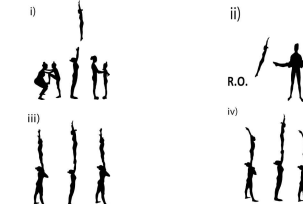
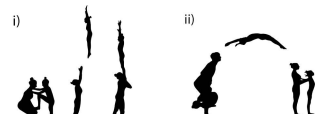
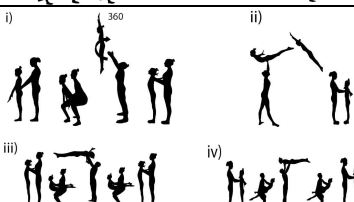
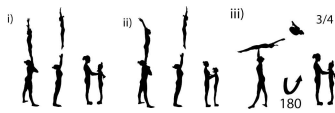
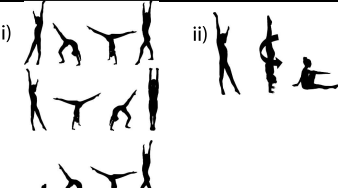
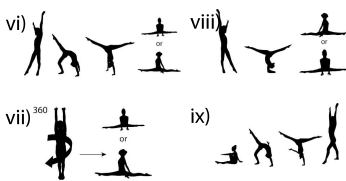
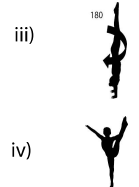
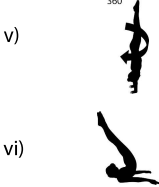
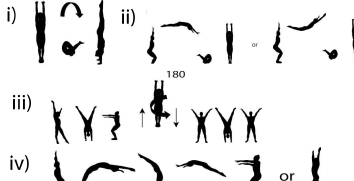


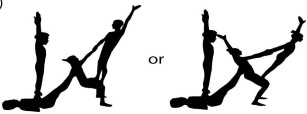
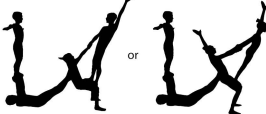
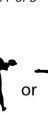
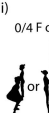
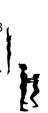
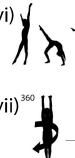
GRADE 4 - PAIRS			
	1	2	3
A	(i) Top supported at the waist in handstand on one thigh of the Base. The Top may face inwards or outwards. (ii) Top supported at the waist in a handstand on the thighs of the Base. The Top may face inwards or outwards. (iii) Top in supported handstand on shoulders of the Base. Base supports one bent knee of the Top with one or two hands.	(i) Top supported with 1 arm at the waist in handstand on one thigh of the Base. The Top may face inwards or outwards. (ii) Top supported at the waist in 1 arm handstand on one thigh of the Base. The Top may face inwards or outwards. (iii) Top in supported handstand on shoulders of the Base. Base supports one bent knee of the Top with one or two hands. (iv) Top in reverse handstand on bent arm support. Top has either both knees or one knee/thigh supported on the Bases foot. Tops legs can be bent or straight.	(i) Top in supported handstand on the shoulders of the Base. The Base supports the arms of the Top. (ii) Top in handstand on bent arm support of the Base. (iii) Top in handstand on shoulder and back of leg of the Base. Arm position of the Base is optional. (iv) Top in reverse handstand on bent arm support of the Base.
B	(i) Top stands on bent arm support of the Base. (ii) Top stands supported on shoulders of the Base. (iii) Top performs a cut through mount to supported standing on shoulders of the Base.	(i) Top stands unsupported on shoulders of the Base. (ii) Top stands supported on shoulders of the Base. Base motions to splits, straddle sit or knees. Motion to splits can be directly or via divide kneeling. (iii) Top performs a cut through mount to lever on long arm support of the Base.	(i) Top in front angel on long arm support of the Base. Base motions to splits, straddle sit or knees. Motion to splits can be directly or via divide kneeling. (ii) Top in back angel on long arm support of the Base. Base motions to splits, straddle sit or knees. Motion to splits can be directly or via divide kneeling. Top can have both legs together straight or one bent knee in back angel. (iii) Top stands in bent arm support of the Base. Base motions to straddle sit or knees. (iv) From counterbalance on thighs of the Base. Top motions to lever on long arm support of the Base.
C	(i) Top in front angel on long arm support of the Base. (ii) Top in back angel on long arm support 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 or on head and bent arm support of the Base.	(i) Top in front angel on long arm support of the Base. (ii) Top in back angel on long arm support of the Base. Top can have both legs together straight or one bent knee in back angel. (iii) Top stands in bent arm support of the Base. (iv) Top in lever on shoulder and back of leg of the Base. Arm position of the Base is optional.	(i) Top in lever on long arm support or on head and bent arm support of the Base. (ii) Top stands in long arm support of the Base.
D	(i) Top supported at hands performs a tuck/pike front salto dismount from standing on shoulders. The arm position of the Top on landing is optional. (ii) Top stands in bent arm support and performs a bend and lift on straight arms of the Base before being released to land. Bases may stay on low knees or move to a higher position.	(i) Base pitches Top for a straight jump dismount. (ii) Top performs a roundoff with an immediate 1/4 straight back salto to catch in cradle. (iii) Top stands in bent arm support and performs a backward bend and lift returning to stand in bent arm support of the Base. (iv) Top stands in bent arm support and performs a forward bend and lift returning to stand in bent arm support of the Base.	(i) Base pitches the Top for a straight jump to catch in bent arm support of the Base. (ii) Top performs a 1/4 front salto dismount from cannon ball. Grip is optional. Base may support the Top on landing but is not required to do so. Entry can be from a round off or standing.
E	(i) Top performs 1/4 straight front salto with 360° twist to catch in cradle. The jump can be from a run up or standing.	(i) Base supports the Top at the waist for a straight jump with 360° twist. (ii) Top performs a 1/4 straight back salto dismount from front angel on long arm support of the Base. (iii) Base supports the Top on the arms/shoulders for 1/4 straight back jump to wrap with an immediate swing out and back to wrap before placing the Top back on the floor. (iv) Base supports the Top on the arms/shoulders for 1/4 straight front jump to wrap with an immediate swing out and back to wrap before placing the Top back on the floor.	(i) Top performs a straight jump dismount backwards from standing in bent arm support of the Base. (ii) Top performs a straight jump dismount forwards from standing in bent arm support of the Base. (iii) Top performs a 3/4 back tuck salto dismount from back angel on long arm support of the Base. Base turns through 180°.
Flex	(i) Walkovers and Valdez can be performed either by passing through straight handstand (legs together) or through full split handstand. (ii) From handstand the 360° rotation should be finished before landing, which may be to back support or to sitting in the Healy turn.	(iii) Change of the legs should be with both legs moving and should occur at the height of the element. (iv) The 1 arm walkover should be straight and controlled with the body square to the direction of travel. (v) In a Shushunova jump the legs should pass through a wide straddle before landing on hands and rebounding to a front support position.	(vi) The foot must go through the arms rather than sliding to splits. (vii) Jump to splits must show a clear 360° jump and the legs move simultaneously to splits. (viii) Valdez on 1 arm can be performed either by passing through straight handstand or through split handstand at the midpoint.
Stand	(i) In headstand, the line of the body and legs should be together, straight and vertical. (ii) Lever should have a straight back with the legs straight and heels lifted above horizontal. Legs should not touch the arms.	(iii) Handstand must hold for a moment before the 180° rotation begins and should finish before the exit phase. (iv) The lifted leg should be straight and in line with the facing direction of the body.	(v) Handstand should be held for a moment before the 360° rotation and held for a moment of stillness at the end of the rotation. (vi) Chest balance should be performed with forearms on the floor, palms can be facing up or down. Legs should be straight and together from the hips to the ankles.
Agility/ Tumble	(i) Handstand must hold for a moment following the backward roll. (ii) Dive roll or Hecht dive roll must show good flight and roll smoothly to finish. (iii) The roundoff jump ½ turn cartwheel should be smooth and continuous without additional steps. (iv) Flic may come from an element or standing and can finish on two feet together or walkout.	(v) Headspring should show flight and a controlled landing whether to stand, knee or with half turn to front support. (vi) Roundoff and flic should be smooth and continuous.	(vii) Free cartwheel should show flight and a controlled landing, whether to stand or to knee. (viii) Handspring should show flight and a controlled landing, whether finishing on two feet or walkout. (ix) Flic to knee may come from an element or standing and should show a controlled landing.

GRADE 4 - PAIRS			
	1	2	3
A			
B			
C			
D			
E			
Flex			
Stand			
Agility/ Tumble			

GRADE 4 - WOMEN'S GROUPS			
	1	2	3
A	<p>(i) Top in lever on long arm support of the Base and Middle who hold the Top in a 2-on-2 hand position.</p> <p>(ii) Top in any splits supported by one leg and 1 arm on the shoulders of the Base and Middle.</p> <p>(iii) Top in lever on the feet of Middle. Base supports the ankles of the Middle on straight legs. Base and Middle can support legs with arms but are not required to do so. Base and Middle may be interchanged.</p>	<p>(i) Top in lever on long arm support of the Base and Middle who hold the Top in a 2-on-2 hand position.</p> <p>(ii) Top in lever on feet of the Base and Middle. Base and Middle support their legs with their hands.</p> <p>(iii) Top in bridge supported at hands and feet by Base and Middle on shoulders.</p>	<p>(i) Top in any splits supported by one leg and 1 arm on long arm support of the Base and Middle.</p> <p>(ii) Top in crocodile on long arm support of the Base and Middle who hold the Top in a 2-on-2 hand position.</p> <p>(iii) Top in lever on long arm support of the Base and Middle who hold the Top in a 2-on-2 hand position.</p> <p>(iv) Top in handstand supported at hands and shoulders by Base and Middle</p>
B	<p>(i) Base has legs straight and vertical. Base supports the Middle, in horizontal position, on straight arms. Top in supported shoulder handstand holding on to the arms of the Middle.</p> <p>(ii) Top in supported shoulder handstand holding on to the arms of the Base in long arm support. Middle in lever on bent knees of the Base. Top and Middle may be interchanged.</p> <p>(iii) Middle in handstand on ankles of the Base supported by one ankle on a straight arm. Top in headstand supported on waist or leg by one hand of the Base. Top and Middle may be interchanged.</p>	<p>(i) Top stands supported on shoulders of the Base. Middle in lever on the shoulder and back of leg of the Base.</p> <p>(ii) Middle in lever on feet of the Base. Top in lever on long arm support of the Base.</p> <p>(iii) Base has legs straight and vertical. Base supports the Middle, in an off balance position, on straight arms. Middle holds onto legs/ankles of Base. Top in lever on the feet of the Base.</p>	<p>(i) Top in lever on long arm support of the Base. Middle in lever on the shoulder and back of leg of the Base.</p> <p>(ii) Top in crocodile on long arm support of the Base. Middle in lever on the shoulder and back of leg of the Base.</p> <p>(iii) Top in lever on long arm support of the Base. Middle in handstand on the ankles of the Base. Top and Middle may be interchanged.</p> <p>(iv) Top in Mexican handstand, supported at waist, on thighs of the Base. Middle in split supporting the legs/ankles of Top in Mexican.</p>
C	<p>(i) Middle stands unsupported 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. The Base can be in Chair, Bridge or Table position.</p> <p>(ii) Middle in pike handstand on ankles/legs of the Base supported at the ankles/legs. Top in lever on ankles/legs of Middle.</p>	<p>(i) Top stands on shoulders of the Base. Middle stands supported at the waist on the thighs of the Base holding hands with the Top.</p> <p>(ii) Top stands supported on shoulders of Middle. Middle stands supported at waist on thighs of the Base.</p> <p>(iii) Base supports the Middle with straight legs in an off balance handstand. Top in supported shoulder handstand holding on to the arms of the Base in long arm support. The Middle may face inwards or outwards. Top and Middle may be interchanged.</p>	<p>(i) Top stands on shoulders of the Base. Middle stands supported at waist on thighs of the Base.</p> <p>(ii) Top in lever on long arm support of Middle. Middle stands supported at waist on thighs of the Base.</p> <p>(iii) Base supports the Middle, in horizontal position, on straight arms. Top in lever on long arm support of the Middle.</p>
D	<p>(i) Top performs a roundoff with an immediate 1/4 straight back salto to catch in cradle.</p> <p>(ii) Top is boosted for a pitch straight jump.</p> <p>(iii) Top is boosted for a pitch 1/4 front or back straight salto to catch in cradle.</p> <p>(iv) Top thrown from front or back log for 180° spin to catch in cradle.</p>	<p>(i) Top is pitched for a bend and lift on straight arms of the Base and Middle before releasing the Top to land on the floor.</p> <p>(ii) Top performs a round off with an immediate 1/4 straight back salto to log.</p> <p>(iii) From platform, Top bends and stands up whilst Base and Middle bend and lift platform to the highest point before returning to start position.</p>	<p>(i) From pitch or platform, Top is thrown for a straight jump dismount.</p> <p>(ii) From pitch or platform, Top is thrown for a 1/4 straight front or back salto to catch in cradle.</p> <p>(iii) Top performs a round off with an immediate 1/4 back salto to catch in cannon ball. The grip in the is optional.</p>
E	<p>(i) From cradle on back Top is throw 1/4 straight front salto dismount.</p> <p>(ii) From cradle on front or back Top is thrown and caught in log.</p> <p>(iii) From cradle on front or back the Top is thrown for a 360° spin to re-catch in cradle.</p>	<p>(i) Top is thrown for a 4/4 tuck back salto dismount from sitting on platform.</p> <p>(ii) From cradle on front Top is thrown and for a 1/4 straight back salto dismount.</p> <p>(iii) From cradle on front or back the Top is thrown for a 540°/720° spin to catch in cradle.</p>	<p>(i) From cradle on front or back the Top is thrown for a 3/4 tuck, pike or straight salto dismount.</p> <p>(ii) From front or back log Top is thrown for 360° spin to catch in cradle.</p> <p>(iii) Top is boosted from 1 leg for a 4/4 straight back salto.</p>
Flex	<p>(i) Walkovers and Valdez can be performed either by passing through straight handstand (legs together) or through full split handstand.</p> <p>(ii) From handstand the 360° rotation should be finished before landing, which may be to back support or to sitting in the Healy turn.</p>	<p>(iii) Change of the legs should be with both legs moving and should occur at the height of the element.</p> <p>(iv) The 1 arm walkover should be straight and controlled with the body square to the direction of travel.</p> <p>(v) In a Shushunova jump the legs should pass through a wide straddle before landing on hands and rebounding to a front support position.</p>	<p>(vi) The foot must go through the arms rather than sliding to splits.</p> <p>(vii) Jump to splits must show a clear 360° jump and the legs move simultaneously to splits.</p> <p>(viii) Valdez on 1 arm can be performed either by passing through straight handstand or through split handstand at the midpoint.</p>
Stand	<p>(i) In headstand, the line of the body and legs should be together, straight and vertical.</p> <p>(ii) Lever should have a straight back with the legs straight and heels lifted above horizontal. Legs should not touch the arms.</p>	<p>(iii) Handstand must hold for a moment before the 180° rotation begins and should finish before the exit phase.</p> <p>(iv) The lifted leg should be straight and in line with the facing direction of the body.</p>	<p>(v) Handstand should be held for a moment before the 360° rotation and held for a moment of stillness at the end of the rotation.</p> <p>(vi) Chest balance should be performed with forearms on the floor, palms can be facing up or down. Legs should be straight and together from the hips to the ankles.</p>
Agility/ Tumble	<p>(i) Handstand must hold for a moment following the backward roll.</p> <p>(ii) Dive roll or Hecht dive roll must show good flight and roll smoothly to finish.</p> <p>(iii) The roundoff jump ½ turn cartwheel should be smooth and continuous without additional steps.</p> <p>(iv) Flic may come from an element or standing and can finish on two feet together or walkout.</p>	<p>(v) Headspring should show flight and a controlled landing whether to stand, knee or with half turn to front support.</p> <p>(vi) Roundoff and flic should be smooth and continuous.</p>	<p>(vii) Free cartwheel should show flight and a controlled landing, whether to stand or to knee.</p> <p>(viii) Handspring should show flight and a controlled landing, whether finishing on two feet or walkout.</p> <p>(ix) Flic to knee may come from an element or standing and should show a controlled landing.</p>

GRADE 4 - WOMEN'S GROUPS			
	1	2	3
A			
B			
C			
D			
E			
Flex			
Stand			
Agility/ Tumble			

GRADE 4 - MEN'S GROUPS			
	1	2	3
A	(i) Base 2 is supported by Base 1 on the lower back in an off balance position. Middle stands in counterbalance on the thighs of Base 2. Top stands in hands of Base 1 in bent arm support. The grip in counterbalance is optional. The Middle may face inwards or outwards. Tops and Middle may be interchanged.	(i) Base 2 is supported by Base 1 on the lower back in an off balance position. Middle stands in counterbalance on the thighs of Base 2. Top stands in hands of Base 1 in long arm support. The grip in counterbalance is optional. The Middle may face inwards or outwards.	(i) Top stands supported on shoulders on the Middle stands supported at waist on thighs of the Bases in lunge. Lunge can be in any orientation. The support of the Top can be with either arm.
B	(i) Base 1 supports the lower back of Base 2 in a balanced position. Middle stands supported on the shoulders of Base 2. Top in in supported shoulder handstand on long arm support Base 1 holding the Base's legs. Top and Middle may be interchanged. (ii) Base 1 lies with legs straight and vertical. Base 2 in table without arms, supported by Base 1. Middle in supported shoulder handstand on feet of Base 1 holding the Base's legs. Top in lever on hands of Base 2. Top and Middle may be interchanged. (iii) Base 1 lies with legs straight and vertical. Base 2 in table without arms, supported by Base 1. Middle in supported shoulder handstand on long arm support of Base 2 holding the Base's arms. Top in lever on feet of Base 1. Top and Middle may be interchanged.	(i) Base 2 stands supported at waist on thighs of Base 1. Base 2 supports wrist of Middle with straight arms. Top in lever on long arm support of Middle. Base 2 and Middle may be Interchanged.	(i) Base 1 supports the lower back of Base 2 in a balanced position. Middle in unsupported handstand on thighs of Base 2. Top in lever on long arm support of Base 1. Top and Middle may be interchanged. (ii) Base 1 supports the upper back of Base 2 in an off balance position. Top in lever on long arm support of Base 2. Middle in supported shoulder handstand on Base 1 hands holding Bases arms.
C	(i) Middle stands unsupported on shoulders of Base 1. Base 2 stands supported at waist on thighs of Base 1 supporting the Top, on legs, in a handstand with straight arms. The handstand can be performed facing inwards or outwards. Base 2 and Middle may be Interchanged. (ii) Middle stands supported on shoulders of Base 1. Base 2 stands unsupported on thighs of Base 1 supporting the Top, on legs, in a handstand with straight arms. The handstand can be performed facing inwards or outwards. Base 2 and Middle may be Interchanged.	(i) Top stands supported on shoulders of the Middle. Middle stands supported at waist on thighs of Base 1. Base 2 stands unsupported on shoulders of Base 1. (ii) Top stands supported on shoulders of the Middle. Middle stands unsupported on thighs of Base 1. Base 2 stands supported on shoulders of Base 1.	(i) Top stands supported on shoulders on Middle. Middle stands unsupported on thighs of Base 1. Base 2 stands in counterbalance on thighs of Base 1. The grip in counterbalance is optional. The Base 2 may face inwards or outwards.
D	(i) From platform or pitch, Top is thrown for a 1/4 front or back salto to land in cradle with a change of Base.	(i) From platform the Top is thrown for a straight jump to re-catch on platform with a change of Base.	(i) From 3 man platform or pitch the Top is thrown for 4/4 tuck back salto. (ii) From platform Top is thrown for straight jump twist 180° twist to re-catch on platform with a change of Base.
E	3 MAN SKILL (i) From platform or pitch Top is thrown for a straight jump dismount. (ii) From cradle on front or back the Top is thrown for a 360° spin to re-catch in cradle. (iii) From sitting on platform, Top is thrown for a 4/4 tuck back salto dismount.	3 MAN SKILL (i) From pitch or platform Top is thrown for 1/4 back straight salto too catch in cradle. (ii) From cradle on front or back the Top is thrown for a 540° spin to re-catch in cradle.	3 MAN SKILL (i) From pitch or platform Top is thrown for 4/4 tuck back salto dismount. (ii) From cradle Top is thrown for a 3/4 tuck, pike or straight back salto dismount.
Flex	(i) Walkovers and Valdez can be performed either by passing through straight handstand (legs together) or through full split handstand. (ii) From handstand the 360° rotation should be finished before landing, which may be to back support or to sitting in the Healy turn.	(iii) Change of the legs should be with both legs moving and should occur at the height of the element. (iv) The 1 arm walkover should be straight and controlled with the body square to the direction of travel. (v) In a Shushunova jump the legs should pass through a wide straddle before landing on hands and rebounding to a front support position.	(vi) The foot must go through the arms rather than sliding to splits. (vii) Jump to splits must show a clear 360° jump and the legs move simultaneously to splits. (viii) Valdez on 1 arm can be performed either by passing through straight handstand or through split handstand at the midpoint.
Stand	(i) In headstand, the line of the body and legs should be together, straight and vertical. (ii) Lever should have a straight back with the legs straight and heels lifted above horizontal. Legs should not touch the arms.	(iii) Handstand must hold for a moment before the 180° rotation begins and should finish before the exit phase. (iv) The lifted leg should be straight and in line with the facing direction of the body.	(v) Handstand should be held for a moment before the 360° rotation and held for a moment of stillness at the end of the rotation. (vi) Chest balance should be performed with forearms on the floor, palms can be facing up or down. Legs should be straight and together from the hips to the ankles.
Agility/ Tumble	(i) Handstand must hold for a moment following the backward roll. (ii) Dive roll or Hecht dive roll must show good flight and roll smoothly to finish. (iii) The roundoff jump ½ turn cartwheel should be smooth and continuous without additional steps. (iv) Flic may come from an element or standing and can finish on two feet together or walkout.	(v) Headspring should show flight and a controlled landing whether to stand, knee or with half turn to front support. (vi) Roundoff and flic should be smooth and continuous.	(vii) Free cartwheel should show flight and a controlled landing, whether to stand or to knee. (viii) Handspring should show flight and a controlled landing, whether finishing on two feet or walkout. (ix) Flic to knee may come from an element or standing and should show a controlled landing.

GRADE 4 - MEN'S GROUPS			
	1	2	3
A	i)  or	i)  or	i) 
B	i)  ii)  iii) 	i) 	i)  ii) 
C	i)  or ii)  or iii)  or iv) 	i) 	i) 
D	i)  or ii)  or iii)  or iv)  1/4 F or B	i)  or ii) 	i)  or ii)  4/4 B 180
E	i)  or ii)  or iii)  or iv)  0/4 F or B 360	i)  or ii)  or iii)  or iv)  1/4 B 540 F or B	i)  or ii)  or iii)  or iv)  4/4 B 360 3/4 B
Flex	i)  ii)  iii)  iv)  v) 	vi)  vii)  viii)  ix) 	v)  vi) 
Stand	i)  ii) 	iii)  180 iv) 	v)  vi) 
Agility/ Tumble	i)  ii)  or iii)  or iv)  180	v)  or vi) 	vii)  viii)  or ix)  360