



### CLARIFICATION FOR PAIRS

- Lifts with evident use of the toe stops during the take off by the lifting partner is NOT allowed and lifts where the lifted partner uses the lifting partners shoulders to assist in reaching the peak position of the lift is NOT allowed. In both cases the level will be decreased by one (1). (No Level if the Level called is 1).
- For lifts under the head:
  - The lifted partner must always have at least one hand hold of support with the lifting partner, the only exception being if the pair does three (3) different positions in the lift, then one of the positions can be no handed for the woman, however the no handed will not be considered a feature for the level.
  - Sitting on the lifting partners' back or shoulders is not allowed. If this happens the position and all its features will not be considered.

