

B.15

Skill: Flat Back

Novice SELECT Level 1 Building

Entry:



Supplies / Aids:

Video/Pictures

Equipment Needed:

None Required

Notes:

Base

Main Base - Starts facing top with legs around shoulder width apart, bent knees, straight back. Hands should be palms up with arms at a 90 degree angle and top's right foot in left hand. Right hand is also under top's foot.

Side Base - Starts behind side facing top with either hands on top's waist or by side.

Top Person

Starts facing main base side. Right foot is loaded in main base's hand. Hands can be on main base's shoulders or on side base's wrist if side base is holding top's waist.

Spotter

Starts squatted on side of side facing top. Right hand on top's ankle, left hand under top's seat or thigh.

BUILDING

Safety:



- 1 The distance/closeness between the bases while the stunt is up
- 2 Top keep shoulders over hips over feet
- 3 Spotter drives straight up, do not pull feet out from under