

3. ACROSPORT ROLES:

- ✓ BASE
- ✓ TOP
- ✓ HELPER

3.1. THE BASE:

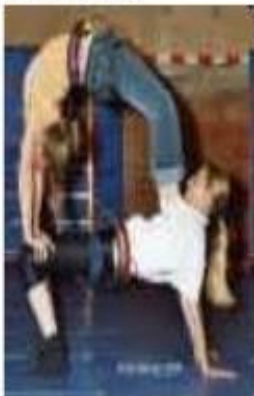
- It is a stable, static or dynamic base on pyramids buildings.
- Its main features are strength, stability and balance.
- The base must provide trust to his partners.
- Basic positions:



STANDING



VENTRAL BENCH



DORSAL BENCH



LAYED SUPINE

3.2. THE TOP:

- It is thinner and smaller than the base.
- Its main features are flexibility, balance and agility.
- It must be courageous and he must trust its partners.

- It is on the top of the pyramids with a balanced or strength position.
- 3.3. **THE HELPER:** its job is to help to build the pyramid. It provides security and confidence to his partners. Finally it must be included in the building. It helps:
- Avoiding accidents.
 - Decreasing anxiety.
 - Giving confidence and collaborating with partners.

4. BUILDING PYRAMIDS:

There are three phases:

4.1. CONSTRUCTION:

- We must begin from the center to the sides. This type of construction provides us fluency and security.
- Communication among partners is very important.
- Tops must climb carefully. They must try to avoid pushes that could unbalance the bases.

4.2. **STABILIZATION:** once the team has built the pyramid it should keep the structure during three seconds. It depends on:

- Correct distribution.
- Position control.

4.3. ENDING:

- It must always be done in the construction opposite order, from the sides to the center.
- Top must always get off the pyramid through the front side, never through the back side.