

## Advanced/Intermediate Acrobatics

**Floor - Min 6 skills** - must have at least 2 or more connected skills

	Skill	Description
1	Handstand	Two feet should reach vertical
2	Cartwheel	Straight legs and arms, pointed toes, no arch
3	Flight Skill (e.g round-off, aerial)	Must have flight
4	Roll - Forward or Backward	Optional finish (tuck, stand, squat, star/straddle or front support)
5	Walkover - Forward, Backward, Bridge Kick over or Tick Tock	Smooth motion, legs should be split in middle, land on one foot than the other.
6	<b>Jump</b> - Split, Tuck, Straight, Straddle	Must have amplitude, held landing for 3 seconds.
7	<b>Balance</b> - Headstand, Elbow-stand, Chin-stand	Hold for 3 seconds

**Mini-Tramp** - Both skills will be performed twice and best score will be taken.

	Skill	Description
1	Dive Roll	Must have height and (optional) hold landing for 3 seconds
2	Round-Off <b>or</b> Barani <b>or</b> Front Salto (With Spotting)	Round-Off - Legs must be together for landing. Barani - Legs must be together for take-off and landing. Front Sault - Must have height and (optional) hold landing for 3 seconds. No deduction for spotting

**Tumble Track** - Skills will be performed twice and best score will be taken.

*Combine an on tramp skill and dismount skill.*

### On Tramp

	Skill	Description
1	Donkey Kicks	Knees and feet should stay together, straight arms
2	Round off	Must have flight
3	Handspring (with spotting) - Front or Back	Must have flight, no deduction for spotting

### Dismount Off Tramp

	Skill	Description
1	Donkey kick to Handstand Flatback	Knees and feet should stay together, straight arms, Legs must reach vertical, hold landing 3 seconds.
2	Round off	Must have flight, hold landing for 3 seconds
4	Bonus Skill*	Must be executed with the proper technique