



Beginner/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	Round off	Must have flight
4	Roll - Forward or Backward	Optional finish (tuck, stand, squat, star/straddle or front support)
5	Bridge series - Standing Backbend or Handstand to Bridge or Bridge Kick-over	Standing backbend: Starting with feet apart, arms above head Handstand to Bridge or Kick-over: Smooth motion, legs should be split in middle, land on one foot than the other.
6	Jump - Split, Tuck, Straight, Straddle	Must have amplitude, held landing for 3 seconds.
7	Balance - Headstand, Elbow-stand, Chin-stand, or Arabesque.	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 motorbike landing for 3 seconds
2	Round-Off	Round-Off - Legs must be together for landing.

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, hold landing for 3 seconds

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 motorbike landing for 3 seconds
3	Front Handspring	Must have flight, hold motorbike landing for 3 seconds