

Beginner Acrobatics

Floor - Min 6 skills

	Skill	Description
1	Scorpion	One leg should reach vertical
2	Cartwheel	Straight legs and arms, pointed toes, no arch
3	Forward Roll to Stand	Start in pike/squat/star, finish standing tall
4	Bridge	Hold for 3 seconds
5	Jump - Straight, Tuck, Star, Straddle	Hold landing shape for 3 seconds
6	Balance - Passé Hold, Arabesque, Candlestick, Half Headstand (Mushroom)	Hold for 3 seconds <ul style="list-style-type: none"> - Vertical candlestick, arm position optional - Half Headstand: Knees in a tuck or resting on elbows

Mini-Tramp - Skills will be performed twice and best score will be taken.

	Skill	Description
1	Jump - Tuck, Straddle, Half Turn	Hold landing shape for 3 seconds
2	Forward Roll or Dive Roll Using Wedge	Can finish in tuck or standing - hold for 3 seconds

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	Two Connected Jumps - Star, Tuck, Straight	No pause between jumps.
2	Donkey Kicks	Knees and feet should stay together, straight arms
3	Cartwheel	Straight legs and arms, pointed toes, no arch

Dismount off Tramp

	Skill	Description
1	Forward Roll Using Wedge	Optional finish (tuck or standing), hold landing for 3 seconds
2	Dive Roll Using Wedge	Optional finish (tuck or standing), hold landing for 3 seconds