

ACROBATIC SCHOLARSHIP

Updated 1/26/22

The following indicates the level of difficulty of selected skills in each area. This should serve as a guideline in evaluating the candidate's total score of 20 points. Please consider the pointed feet, straight legs and presentation of each skill. This is only a guideline to determine the capability of the acrobatic student.

PHASE I BALANCE AND CONTROL MOVEMENTS

Adv	Handwalks with a pattern	Adv	Handstand with leg pattern
Int/adv	Handstand	Int/adv	Elbow stand with leg pattern
Int	Elbow stand	Int	Chest stand
Basic	Shoulder stand	Int	Headstand with pattern
Basic	Headstand	Basic	Standing side extension

PHASE II FLEXIBILITY (degree of flexibility affects level of difficulty)

Adv	Scorpion		
Int/adv	Chest stand with feet touching head or the floor	Int/adv	Contortion skills
Int	Elbow stand holding one foot with the other leg extended	Int	Backbend to Elbows
Int	Back Bend with Leg Extensions		
Basic	Back Bend – 4 or 8 cts. down 4or 8 cts. Up	Basic	Splits – right, left, straddle

PHASE III FRONT MOVING SKILLS (twisting, reverse or variation raises the level of difficulty) MUST EXECUTE THE SAME SKILL WITH THE OPTION OF UP TO THREE VARIATIONS

Adv	Front aerial walkover right and left	Adv	Butterflies in circle
Adv	Aerial side right and left side	Adv	Front Reverse Full
Int/adv	Aerial front walkover either right or left	Int/adv	Front Reverse Half
Int/adv	Aerial side on either right or left	Int/adv	Front Arabian Variations
Int	Front Tinsica	Int	Front Walkovers
Int	Front Handsprings	Int	Cartwheel Variations
Basic	Front Limber	Basic	Front roll
Basic	Cartwheel		

PHASE IV BACK MOVING SKILLS (twisting, reverse or variation raises the level of difficulty) MUST EXECUTE THE SAME SKILL WITH THE OPTION OF UP TO THREE VARIATIONS

Adv	Standing Back Tuck	Adv	Back Layout
Int/adv	One Handed Back Walkover	Int/adv	One Handed Valdez
Int/adv	Back Handspring	Int/adv	Back Arabian
Int	Back Tinsica	Int/adv	Back Revolving Tinsica (Runarounds)
Int	Valdez	Int	Back Walkover
Int	Back Chestrolls	Basic	Backward Rolls

Note: Back tuck or back handspring may be done with a roundoff

PHASE V CONTESTANT'S CHOICE...tumbling or acro pass of up to three continuous skills not already seen by the judges. You may use transitional dance movements (not to exceed 8 counts) into each skill. NOTE Skills may be front side and/or back, BUT NOT a skill shown in phases 1 thru 4. This phase is designed to be an opportunity to show the judges additional skills.