

ACROBATIC SCHOLARSHIP GUIDELINES

REVISED MARCH 2024

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 (Refer to the National Rules). 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

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

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

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

PHASE III - FRONT MOVING SKILLS WITH ONE OR TWO HANDS ON THE FLOOR

Must execute the same skill with the option of up to three variations. No aerials in this section.

Twisting, reverse, or variation raises the level of difficulty.

Adv Front Reverse Full	Int..... Front Walkovers
Adv Revolving Tinsicas	Int..... Cartwheel Variations
Int/adv Front Reverse Half	Basic Front Limber
Int/adv Front Arabian Variations	Basic Front roll
Int..... Front Tinsica	Basic Cartwheel
Int..... Front Handstands	

PHASE IV - BACK MOVING SKILLS WITH ONE OR TWO HANDS ON THE FLOOR

Must execute the same skill with the option of up to three variations. No aerials or back handsprings in this section. *Twisting, reverse or variation raises the level of difficulty.*

Adv One Handed Valdez	Int..... Back Tinsica
Adv Back Revolving Tinsica (Runarounds)	Int..... Back Walkover
Int/adv One Handed Back Walkover	Int..... Valdez
Int/adv Back Arabian	Basic Backward Rolls
Int..... Back Chestrolls	

PHASE V - CONTESTANT'S CHOICE AERIAL SKILLS ALLOWED

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 through 4.

This phase is designed to be an opportunity to show the judges additional skills.