

# ACROBATIC SCHOLARSHIP

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 using one hand raises the level of difficulty) **MUST EXECUTE THE SAME SKILL THREE TIMES**

|         |   |         |                          |
|---------|---|---------|--------------------------|
| Adv     | Front aerial walkover right <b>and</b> left | Adv     | Butterflies in circle    |
| Adv     | Aerial side right <b>and</b> 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 using one hand raises the level of difficulty) **MUST EXECUTE THE SAME SKILL THREE TIMES**

|         |                          |         |                                      |
|---------|--------------------------|---------|--------------------------------------|
| 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: Bk tuck or bk handspring may be done with a roundoff

## PHASE V CONTESTANT'S CHOICE...tumbling or acro pass of up to three continuous skills.

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.

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