

***PreK/Kinder Acro Skills
Requirements
(Primary - Level 1)***

Flexibility

Butterfly demonstration
Rock and roll demonstration
Pre-forward bend demonstration
Cobra demonstration
Butterfly stretch demonstration
Pre-forward bend (6 inches)
Square hip exercise (right)
Square hip exercise (left)
Straddle stretch demonstration
Articulated cobra demonstration

Strength

Plank demonstration
Superman demonstration
Table top demonstration
Wall sit demonstration
Tuck jumps (3 in a row)
Frog jumps (3 in a row)
Crab walk (5 feet)
Plank demonstration
Superman hold for 10 seconds
Table top hold for 10 seconds
V sit demonstration
Wall sit, hold for 10 seconds
Handstand facing wall demonstration (pike)
Hops right foot and left foot (3 in a row)
Frog jumps (5 in a row)

Balancing Skills

Right foot retiré demonstration
Left foot retiré demonstration
Rise on demi pointe demonstration
Right foot retiré, hold for 5 seconds
Left foot retiré, hold for 5 seconds
Rise on demi pointe, hold for 5 seconds

Limbering Skills

Ball pose
Pike
Tuck
Straddle
Stretch and flex feet
Baby bridge
Tendu devant starting position, arms forward
(right and left)
Tendu to second ending position, arms in L
position (right and left)
Jazz second starting position (arms forward)

Tumbling Skills

Hollow position (arms down)
Gallops (side)
Gallops (front)
Pre-cartwheel (right or left)
Somersault
Hollow position (arms up)
Log rolls
L handstand (right and left)
Step hop in retiré, continuous
Rock and roll, from standing, to standing (tuck)
Pre-cartwheel (right and left)
Forward pike roll (ends in pike)

***Beginner Acro Skills
Requirements
(Levels 2 - 3)***

Flexibility

Pre-splits right (6 inches)
Pre-splits left (6 inches)
Pre-splits centre (6 inches)
Pre-toes to head (6 inches)
Pre-forward bend (4 inches)

Strength

Plank, hold for 30 seconds
Superman, hold for 30 seconds
Table top, hold for 30 seconds
V sit, hold for 30 seconds
Upper body lifts (20 consecutive)
Hold Bridge for 20 seconds
Wall sit, hold for 30 seconds
Handstand facing the wall, hold for 20 seconds (pike)

Balancing Skills

Quarter scorpion, hold for 5 seconds (right and left)
Headstand (tuck), hold for 10 seconds
Seated double leg hold for 10 seconds

Limbering Skills

Articulated stretch and flex feet
Walk down the wall to 1/2 bridge and walk up the wall to standing
Kneeling 1/2 bridge
Inside out table top (right and left)
Bridge retiré (right and left)
Bridge waving (right and left)
Down to bridge
Walk down the wall to bridge and up the wall to standing
Bridge with transfer of weight
Bridge with kick and jump (right and left)
Inside out bridge
Bridge walking
Bridge and kick over with a stack (right or left)
Bridge retiré développé (right and left)

Tumbling Skills

Forward roll
2 consecutive straddle rolls
Rock and roll from standing to standing (candle)
Cartwheel (right or left)
Pre-handstand (right and left)
Straight handstand (right or left)

Backward roll
Cartwheel from one knee (right or left)
Straight handstand (right and left)

Intermediate Acro Skills Requirements (Levels 4-5)

Flexibility

Pre-splits right (4 inches)
Pre-splits left (4 inches)
Pre-splits centre (4 inches)
Pre-toes to head (4 inches)
Pre-forward bend (2 inches)
Shoulder stretch (touching)

Strength

Adjudicator's choice plank, hold for 50 seconds
Superman, hold for 50 seconds
Table top, hold for 50 seconds
V sit, hold for 50 seconds
Upper body lifts (30 consecutive)
Bridge, hold for 30 seconds
Handstand facing the wall (straight), hold for 30 seconds
Handstand shoulder shrugs, facing the wall (10 consecutive)

Balancing Skills

Half scorpion, hold for 5 seconds (right or left)
Headstand (tuck), hold for 15 seconds
Headstand (press to straddle), hold for 5 seconds
Chest stand (legs straight/together), hold for 5 seconds
Headstand (press straddle to straight), hold for 10 seconds
Forearm stand (Legs optional), hold for 5 seconds

Limbering Skills

Bridge recover
Bridge and kick over (right or left)
Bridge prances (retiré)
Bridge with straight legs
Handstand to chest roll
Handstand to bridge (right and left)
16 count bridge recover
Bridge and kick over (right and left)
Bridge prances (straight)
Bridge to forearms
Front limber (right and left)
Arabian handstand to forward roll (straddle)

Tumbling Skills

Handstand to forward roll
One hand, close hand cartwheel (right and left)

Dive forward roll
Chassé step hop retiré cartwheel (right and left)
One hand, far hand cartwheel (right and left)
Chassé step hop retiré pop cartwheel (right and left)
Hurdle cartwheel rebound (right and left)
Donkey kicks (5 continuous)

Advanced Acro Skills Requirements (Levels 6-7)

Flexibility

Pre-splits right (2 inches)
Pre-splits left (2 inches)
Pre-splits centre (2 inches)
Pre-toes to head (2 inches)
Full Forward Bend
Shoulder stretch (grasp)

Strength

Superman, hold for 1 minute
V sit, hold for 1 minute
V snaps (10 consecutive)
Upper body lifts (40 consecutive)
Push up (3 consecutive)
Bridge, hold for 1 minute
Handstand facing the wall (straight), hold for 1 minute
Handstand shoulder shrugs, facing the wall (20 consecutive)
Handstand shoulder touches, facing the wall (20 consecutive)

Balancing Skills

Headstand, show 3 leg positions, hold for 10 seconds each
Chest stand (legs straight/together), hold for 10 seconds
Forearm stand (leg position optional), hold for 10 seconds
One arm shoulder stand (leg positional optional), hold for 5 seconds
Half scorpion, hold for 15 seconds (right and left)
Leg hold, hold for 10 seconds (right or left)

Limbering Skills

Bridge recover (3 in a row)
Rocking bridges
Bridge to chest roll
Fish flop
Arabian handstand to forward roll (pike)
Tick tock (right or left)
Moon walkover from two knees (right or left)
Arabian limber (straddle)
Back Arabian limber

Tumbling Skills

Flying cartwheel (right and left)
Front walkover (right or left)
Back walkover (right or left)

Hurdle roundoff (right or left)
Back roll extension
Side aerial, optional entrance (right or left)
Front walkover (right and left)
Back walkover (right and left)
Hurdle roundoff (right and left)

Pre-Pro Acro Skills Requirements

(Level 8 - PrePro 1)

Flexibility

Full splits right
Full splits left
Full splits centre
Toes to head

Strength

Handstand shoulder touches, facing the wall (20 consecutive)
Handstand shoulder shrugs, facing the wall (25 consecutive)
V snaps (20 consecutive)
Upper body lifts with height (20 consecutive)
Push ups (10 consecutive)
Crocodile, hold for 10 seconds
Straddle press, hold for 10 seconds

Balancing Skills

Chest stand, show 3 positions, hold 5 seconds each
Leg hold, hold for 20 seconds (right and left)
Half scorpion, hold for 20 seconds (right and left)
Handstand walking, 20 feet
Headstand press to handstand (step out)
Handstand (leg position optional), hold for 5 seconds
Forearm stand, show 2 leg positions, hold 10 seconds each
One arm shoulder stand, 2 leg positions, hold 10 seconds each

Limbering Skills

Chest roll to bridge
Arabian limber (pike)
Tick tock (3 in a row) (right and left)
Back walkover to chest roll (right and left)
Arabian front walkover from knees (straddle) (right or left)
Scorpion (right or left)
Reverse illusion (right and left)
Valdez (right and left)
Continuous chest rolls (3) to standing - Option A

Tumbling Skills

Front walkover from one knee (right or left)
One hand, opposite hand, front walkover (right and left)
Step hop, side aerial (right or left)
3 continuous round-offs with half turn (right or left)

Standing back handspring (no step out)
Flying front walkover (right and left)
One hand, same hand, front walkover (right and left)
Standing side aerial (right or left)
Roundoff back handspring
Back tuck, optional entrance - Option B