

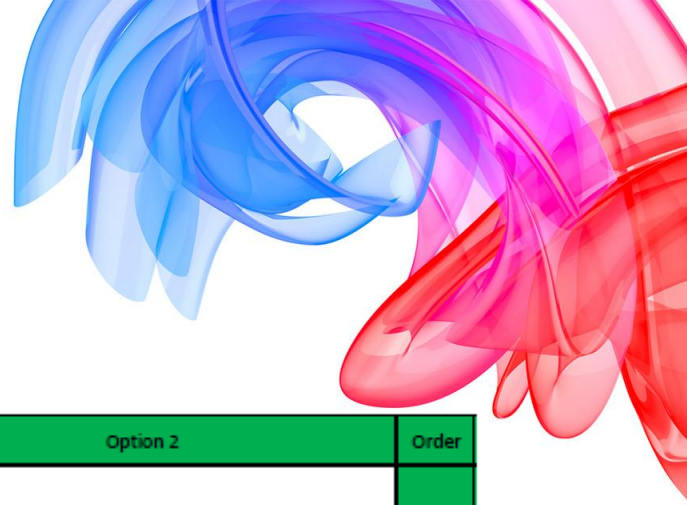


In Flyt and Pyramid Acro GfA ACRO and TUM competition

Skills and Tariff sheet

Requirements – ACRO

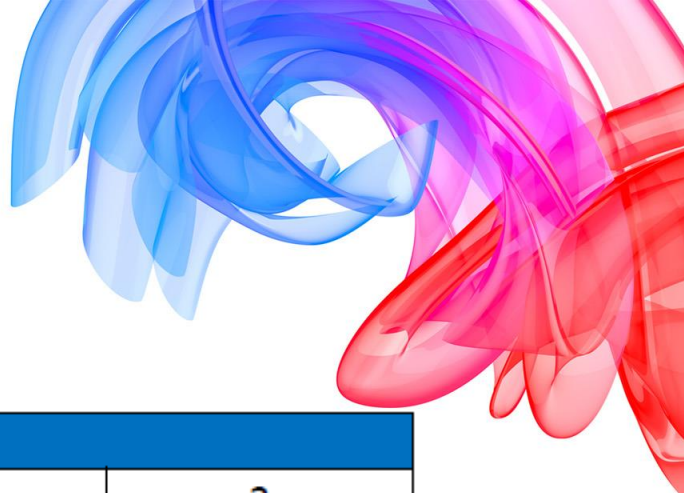
	Pre NDP	Grade 1	Grade 2
Key Information	<ul style="list-style-type: none"> Tariff sheets are located as a separate excel document (as per national tariff sheet) <ul style="list-style-type: none"> Each gymnast will require a tariff sheet completing Skills can't be repeated Music length = 2 minutes (maximum) <ul style="list-style-type: none"> No lyrics, as per NDP rules (voice can be used as instrument) Pre NDP – Music can be just background music, a free choice, and doesn't require to be cut All holding elements are to be held for three 'Mississippi' (or similar choice of wording) Only the skills performed are judged Skills have been 'screen shot' from NDP documents to insert into this document. For full and clearer writing (instead of images) please see NDP 		
Pairs Information	<ul style="list-style-type: none"> Pairs are allowed in forms of males, females, or mixed 		
Trios Information	<ul style="list-style-type: none"> Trios are allowed in forms of males or females 		
Difficulty Value (DV score)	<ul style="list-style-type: none"> This is totaled by each skill select from the table <ul style="list-style-type: none"> If table column says 1 (or Option 1), the skill DV = 0.1 Maximum DV = 1.5 Minimum DV = 0.5 Individual elements don't incur a DV, only the Acro Pair/Trio balances gain a DV From the table of skill; <ul style="list-style-type: none"> Select a single element from each row. You can select from different columns e.g. Pre-NDP routines will have 6 elements in total Write these down onto your tariff sheet, in the order you wish it to be performed 		
Artistry Score (A score)	<ul style="list-style-type: none"> Each gymnast starts with the maximum score The maximum score awarded is 10.0 The minimum score awarded is 5.0 See Artistry Deductions table for details 		
Execution Score (E score)	<ul style="list-style-type: none"> Each gymnast starts with the maximum score The maximum score awarded is 10.0 The minimum score awarded is 5.0 See Artistry Deductions table for details 		
Scoring Information	<ul style="list-style-type: none"> Difficulty Valve (DV score) + Artistry Score (A score) + Execution Score (E score) = Starting Score Starting Score – Judges Deductions (Artistry + Execution) = Final Score <p>Example: 10.0 (DV) + 10.0 (A) + 10.0 (E) = 30.0 Starting Score 30.0 (Starting) – 3.2 Artistry Deductions – 2.8 Execution Deductions = 25.0 Final Score</p>		



Skills – ACRO – Pre NDP (Pairs and Trios)

	Option 1	Option 2	Order
B a l a n c e 1	<p>Or</p>		1
F l e x	<p>Japanana or Pike Fold - Not flat</p>	<p>Bridge - Bent or straight legs</p>	2
B a l a n c e 2	<p>Or</p>		3
S t a n d	<p>Back support 2" or Front Support 2"</p>	<p>1 foot stand 2"</p>	4
D y n a m i c	<p>Or</p>		5
A B I L I T Y	<p>Forward Roll to Straddle Sit</p>	<p>Cartwheel</p>	6

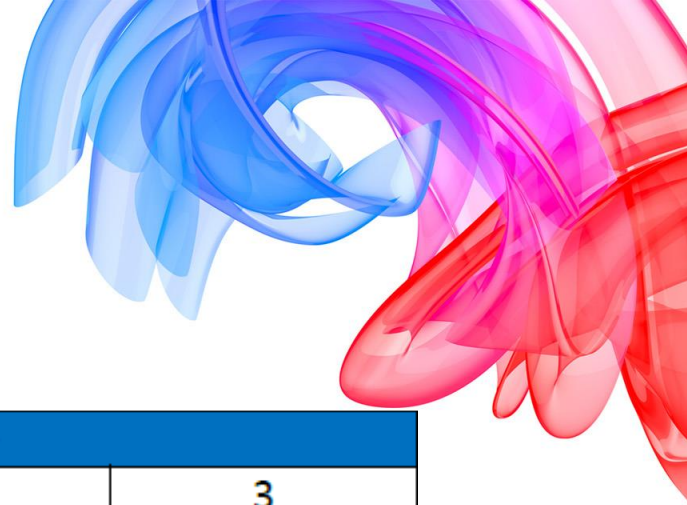
(Ref: Pre NDP Grade Sheet)



Skills – ACRO – Grade 1 (Pairs and Trios)

Grade 1 - Pairs			
	1	2	3
A	(i) Top supported at the waist in a balanced handstand with bent legs. (ii) Top supported at the waist in a balanced handstand with straight legs.	Top in a balanced handstand with the Base providing minimal support on legs.	Top in a balanced handstand with the Base providing minimal support at waist.
B	(i) The grip in the counterbalance can be hands or wrists but the Base and Top should have straight arms. The Top may face inwards or outwards. (ii) Top in an off-balance position supported on the middle/lower back by the Base's feet.	Top stands supported at waist on Base's thighs. The Top may face inwards or outwards.	Top in counterbalance on Base's thighs. Base may support the Top with one or two hands. The grip in the counterbalance can be hands or wrists but the Base and Top should have straight arms. The Top may face inwards or outwards.
C	(i) Top in front support supported by the Base at the ankle. Base should have straight arms. (ii) Top in front support with feet/ankles on the knees of the Base.	Top in front support with hands on Base's legs. Base supports the Top's legs. Base should have straight arms.	Top in front support with hands on Base's knees. Base may support one or both legs of the Top with one or both hands. Base should have straight arms.
D	Base and Top should be back to back at the start, each completes a full circle roll finishing where they started.	Base in an arch hold, arm position optional. Top reaches both hands over the waist of the Base and forward rolls to stand.	Base in dish hold, arm position optional. Top cartwheels over the waist of the Base, with one hand on either side.
E	Top performs a straight jump supported on the forearms by the Base. The Base may release and re-catch but is not required to do so.	Top forward rolls to a straight jump supported on the forearms by the Base. The Base may release and re-catch but is not required to do so.	Top backward rolls to a straight jump supported at the waist by the Base. The Base may release and re-catch but is not required to do so.
Flex	(i) Back straight, legs wide, toes pointed, arms free.	(ii) Legs wide and straight with back of knees pressed to the floor, toes pointed, back and head in a straight line.	(iii) Legs together and straight with back of knees pressed to the floor, toes pointed, back should remain as flat as possible.
Stand	(i) Shoulders over hands, straight line from head to toe. Toes tucked under.	(ii) Fingers facing either away from or towards toes, hips lifted to give a straight body position from head to toe. Toes pointed.	(iii) In straddle sit position, hands on floor at or in front of the knees, legs are lifted clear of the floor. Legs should remain straight and extended.
Agility/ Tumble	(i) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The straddle sit is upright with a straight back. (ii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The jump should be straight and to 2 feet.	(iii) Forward roll should be made from and finish on 2 feet, the hands touch the floor only at the start. (iv) Backward roll should be made from 2 feet and the hands touch the floor only at the start. The jump should be straight and to 2 feet.	(v) Backward roll should be made from 2 feet and the hands touch the floor only at the start. The straddle stand may be in piked or upright. (vi) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The 180° straight jump should be to 2 feet and completed before landing.

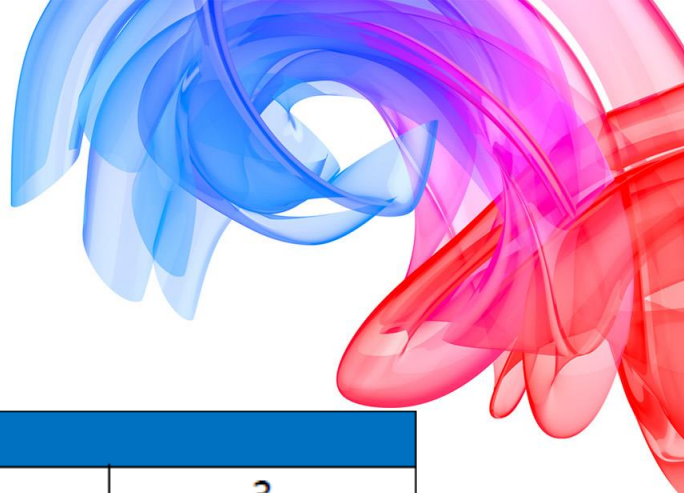
(Ref: National Develop Plan 9. Table of Difficulty. Sept 2018. Page 1)



Skills – ACRO – Grade 1 (Pairs and Trios)

Grade 1 - Pairs			
	1	2	3
A			
B			
C			
D			
E			
Flex	i Straddle sit	ii Japana	iii Pike fold
Stand	i Front support 2"	ii Back support 2"	iii Straddle sit with leg lift 2"
Agility/ Tumble	i Forward roll to straddle sit ii Forward roll straight jump	iii Forward roll to stand iv Backward roll straight jump	v Backward roll to straddle stand vi Forward roll 180 jump

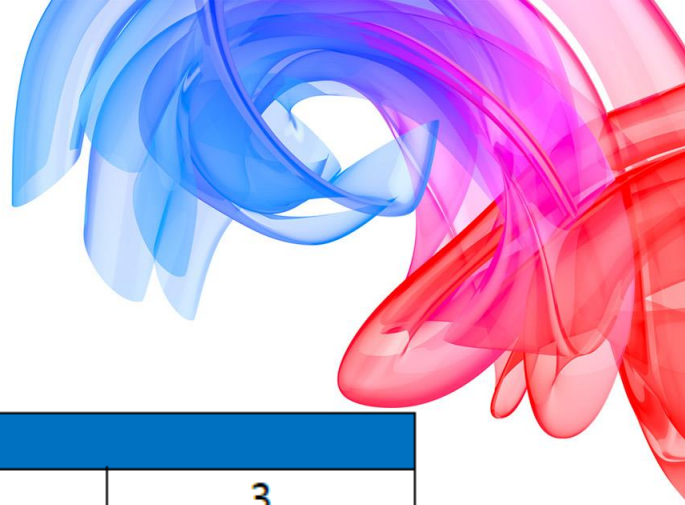
(Ref: National Develop Plan 9. Table of Difficulty. Sept 2018. Page 2)



Skills – ACRO – Grade 2 (Pairs)

Grade 2 - Pairs			
	1	2	3
A	Top in a balanced handstand with the Base providing minimal support at waist.	Base supports the heel of the Top's straight leg in the stag handstand. The line of the Top's leg and Bases arm should be parallel to the floor.	(i) Top in a supported shoulder handstand on the Base's hands. Top provides holds onto the Base's legs. Base may have their feet on or off the floor in order that the Top can achieve a vertical position. (ii) Top in a supported handstand with hands on the ankles of the Base. Base supports the Top's bent knee with one or two hands.
B	Top in counterbalance on Base's thighs. Base may support the Top with one or two hands. The grip in the counterbalance can be hands or wrists but the Base and Top should have straight arms. The Top may face inwards or outwards.	(i) Top in counterbalance on Base's thighs. Base may support the Top with one or two hands. The grip in the counterbalance can be hands or wrists but the Base and Top should have straight arms. The Top may face inwards or outwards. (ii) Top stands on one foot on the thigh of the Base. The grip can be hands or wrists but the Base and Top should have straight arms. The Top may face inwards or outwards.	Top stands on the Base's thighs supported by the Base at the waist. The Top should not make contact with the Bases body.
C	Top in front support with hands on Base's knees. Base may support one or both legs of the Top with one or both hands. Base should have straight arms.	(i) Top in a supported front angel on Base's feet. Base supports Top by the hands, grip is optional. (ii) Top in a supported back angel on Base's feet. Base supports Top by the arms/wrists, grip is optional. Legs of the Top in back angel can be either both together and straight or with one bent.	Base lying down with Top in front angel on long arm support.
D	Base in dish hold, arm position optional. Top cartwheels over the waist of the Base, with one hand on either side.	Base supports the Top's waist throughout the cartwheel.	Base supports the Top at the waist for a straight jump. The hips of the Top should reach the Base's shoulder height as a minimum. The Base may release and re-catch the Top but is not required to do so.
E	Top backward rolls to a straight jump supported at the waist by the Base. The Base may release and re-catch but is not required to do so.	Top leapfrogs over the Base. Base may face either direction.	Top jumps from two feet into the Base's arms. Jump can be from a run up or standing.
Flex	(i) Legs together and straight with back of knees pressed to the floor, toes pointed, back should remain as flat as possible.	(ii) Shoulders pushed past the hands which are shoulder width apart and straight. Legs straight, feet flat on floor and legs together.	(iii) Any splits can be performed. The hips should be square to the front and in box splits the knees should be facing the ceiling. Hands can be on or off the floor.
Stand	(i) In straddle sit position, hands on floor at or in front of the knees, legs are lifted clear of the floor. Legs should remain straight and extended.	(ii) Shoulder stand should achieve a straight body line.	(iii) In the one foot stand the supporting leg must be straight and hips square. The free leg should be bent at 90° at the knee and the knee level with the hip.
Agility/ Tumble	(i) Backward roll should be made from 2 feet and the hands touch the floor only at the start. The straddle stand may be in piked or upright. (ii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The 180° straight jump should be to 2 feet and completed before landing.	(iii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The straddle stand may be in piked or upright. (iv) Backward roll should be made from and finish on 2 feet, the hands touch the floor only at the start. The stand should be with feet together. (v) The tumble should be smooth and continuous without additional steps.	(vi) Backward roll should be made from and finish on 2 feet, the hands touch the floor only at the start. The legs should be straight throughout. (vii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The roll should pass through Japan without stopping. (viii) The tumble should be smooth and continuous without additional steps.

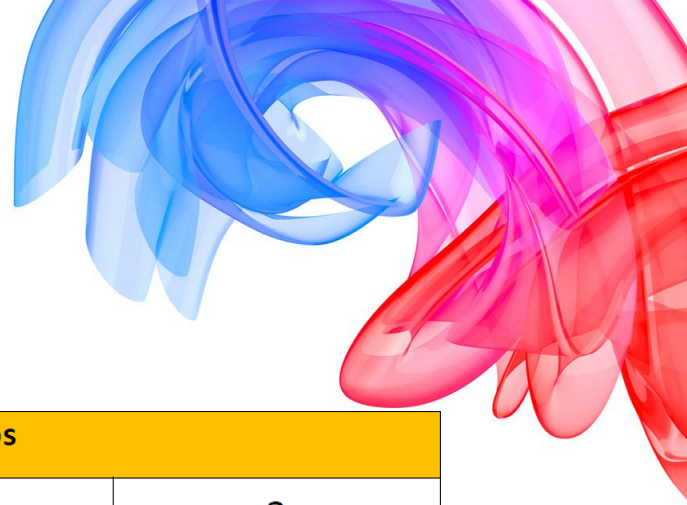
(Ref: National Develop Plan 9. Table of Difficulty. Sept 2018. Page 3)



Skills – ACRO – Grade 2 (Pairs)

Grade 2 - Pairs			
	1	2	3
A			
B			
C			
D			
E			
Flex	i Pike fold	ii Bridge	iii Any splits
Stand	i Straddle sit with leg lift 2"	ii Shoulder stand 2" -	iii One foot stand 2"
Agility/ Tumble	i Backward roll to straddle stand ii Forward roll 180 jumps	iii Forward roll to straddle stand iv Backward roll to stand v Cartwheel chasse cartwheel	vi Backward roll with straight leg to stand vii Forward roll straddle through to lie on front viii Forward roll jump to 1 leg cartwheel.

(Ref: National Develop Plan 9. Table of Difficulty. Sept 2018. Page 4)



Skills – ACRO – Grade 2 (Trios – Women’s)

Grade 2 - Groups			
	1	2	3
A	(i) Top in counter balance on the Base and Middle's knees facing inwards. The arms of all three are fully extended. Grip is optional. (ii) Top performs stand on thighs. All three hold hands, arms may be bent and grip is optional.	(i) Top stands supported on shoulders with one foot on Base and Middle, who support the Top by holding the lower leg with one hand each. (ii) Top stands in balance supported on the thighs of the Base and Middle who are in lunge in any orientation.	Top stands supported on shoulders with one foot on the Base and Middle, who support the Top by holding the lower leg with one hand each.
	(i) Middle sits on the feet of the Base, using the feet against the legs of the Base for extra stability if required. Top stands on one foot in front of the Middle. Arms of Middle and Top should be straight and grip is optional. (ii) Linked one foot stand. All partners must be in contact with each other using one straight arm. The other arm must be free. Grip is optional.	(i) Top in front angel on Base's feet and supports the Middle who performs an arabesque holding hands with Top. Grip is optional. (ii) Linked arabesque hold. All partners must be in contact with each other on straight arms. Grip is optional.	(i) Base lies on the floor with legs straight and raised vertically. Base supports the Middle on straight arms. Top stands on the Middle's thighs. (ii) Linked wingglass holds. All partners must be in contact with the other but orientation is optional. Grip is optional
	(i) Base and Middle support the handstand of the Top on straight arms. (ii) Base stands with feet together supporting the Top in handstand. Arms of the Base should be straight. The Middle performs arabesque holding on to the shoulders of the Base with straight arms.	(i) Base lies on the floor supporting the lower back of the Middle. Top stands in counterbalance on the thighs of the Middle, linking hands on extended arms. Grip is optional. (ii) Base and Middle support the Top in a balanced handstand with their feet.	(i) Base in straddle sit with Middle in supported stand on shoulders. Top in a handstand supported by the Middle. (ii) Base lies on the floor supporting the lower back of the Middle. The Top stands on the thighs of the Middle and can be supported but is not required to be.
	Base and Middle lie side by side in dish, the position of their arms is optional. Top forward rolls over their waist.	Top consecutively leapfrogs over Base and Middle with no extra steps. Base and Middle may face either direction but should have straight legs.	Base and Middle support the Top to jump. Top shape in the jump is optional. No release is required although the Base and Middle may release the hand on the upper arm of the Top.
	(i) From sitting on platform, the Top is pitched for a straight jump dismount by the Base and Middle. (ii) Top stands on the platform and the Base and Middle squat and return to standing.	Base and Middle throw the Top from cradle to re-catch in cradle. Top can be on front or back in cradle.	Top jumps to cradle, this can be from a run or from standing. Flight must be seen before the catch.
B	(i) Legs together and straight with back of knees pressed to the floor, toes pointed, back should remain as flat as possible.	(ii) Shoulders pushed past the hands which are shoulder width apart and straight. Legs straight, feet flat on floor and legs together.	(iii) Any splits can be performed. The hips should be square to the front and in box splits the knees should be facing the ceiling. Hands can be on or off the floor.
	(i) In straddle sit position, hands on floor at or in front of the knees, legs are lifted clear of the floor. Legs should remain straight and extended.	(ii) Shoulder stand should achieve a straight body line.	(iii) In the one foot stand the supporting leg must be straight and hips square. The free leg should be bent at 90° at the knee and the knee level with the hip.
C	(i) Backward roll should be made from 2 feet and the hands touch the floor only at the start. The straddle stand may be in piked or upright. (ii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The 180° straight jump should be to 2 feet and completed before landing.	(iii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The straddle stand may be in piked or upright. (iv) Backward roll should be made from and finish on 2 feet, the hands touch the floor only at the start. The stand should be with feet together. (v) The tumble should be smooth and continuous without additional steps.	(vi) Backward roll should be made from and finish on 2 feet, the hands touch the floor only at the start. The legs should be straight throughout. (vii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The roll should pass through Japan without stopping. (viii) The tumble should be smooth and continuous without additional steps.
	Agility/ Tumble		

(Ref: National Develop Plan 9. Table of Difficulty. Sept 2018. Page 46)



Skills – ACRO – Grade 2 (Trios – Women’s)

Grade 2 - Groups			
	1	2	3
A			
B			
C			
			 Or Top stands free
D			
E			
Flex	i Pike fold		ii Bridge
	iii Any splits		
Stand	i Straddle sit with leg lift 2"		ii Shoulder stand 2"
	iii One foot stand 2"		
Agility/ Tumble	i Backward roll to straddle stand ii Forward roll 180 jump		iii Forward roll to straddle stand iv Backward roll to stand v Cartwheel chasse cartwheel
	vi Backward roll with straight legs to stand vii Forward roll straddle stand through to lie on front viii Forward roll jump to 1 leg cartwheel		

(Ref: National Develop Plan 9. Table of Difficulty. Sept 2018. Page 47)



Skills – ACRO – Grade 2 (Trios – Men’s)

Grade 2 - Men’s Groups			
	1	2	3
A	<p>Two Pairs in immediate succession perform the same skill.</p> <p>(i) Top in counterbalance on Base’s thighs. (ii) Top stands on one foot on the thigh of the Base. The grip is optional but all arms should be straight. The Top may face inwards or outwards.</p>	<p>Top stands supported on shoulders with one foot on each Base, who support the Top by holding the lower leg with one hand each. Middle stands on the knees of the Bases and is supported at the waist/ thighs.</p>	<p>Middle stands in balance supported on the thighs of the Bases who are in lunge in any orientation. Top stands supported on shoulders of the Bases.</p>
	<p>Middle stands in balance supported on the thighs of the Bases who are in lunge in any orientation. Top in a handstand on the floor supported by the Middle.</p>	<p>Middle stands supported on shoulders with one foot on each Base, who support the Middle by holding the lower leg with one hand each. Top in a handstand on the floor supported by the Bases.</p>	<p>Base 1 lies on the floor with legs straight and raised vertically. Base 1 supports Base 2 on straight arms. Middle stands on the Base 2 thighs and supports the Top to do a handstand on the floor.</p>
B	<p>Two Tops in immediate succession perform the same skill.</p> <p>Bases support the handstand of the Top on straight arms.</p>	<p>Two Tops in immediate succession perform the same skill.</p> <p>(i) Base 1 lies on the floor supporting the lower back of Base 2. Middle and Top stands in counterbalance on the thighs of the Base 2. Arms straight arms, Grip is optional (ii) Base 1 and 2 support the Middle and Top in a balanced handstand with their feet.</p>	<p>Two Tops in immediate succession perform the same skill.</p> <p>(i) Base in straddle sit with Base 2 in supported stand on shoulders. Middle and Top in a handstand supported by Base 2. (ii) Base 1 lies on the floor supporting the lower back of Base 2. The Middle and Top stands on the thighs of Base 2 and can be supported but is not required to be.</p>
	<p>Two Tops in immediate succession perform the same skill.</p> <p>Base and Middle lie side by side in dish, the position of their arms is optional. Top forward rolls over their waist.</p>	<p>Two Tops in immediate succession perform the same skill.</p> <p>Top consecutively leapfrogs over Base and Middle with no extra steps. Base and Middle may face either direction but should have straight legs.</p>	<p>Two Tops in immediate succession perform the same skill.</p> <p>Base and Middle support the Top to jump. Top shape in the jump is optional. No release is required although the Base and Middle may release the hand on the upper arm of the Top.</p>
C	<p>Two Tops in immediate succession perform the same skill.</p> <p>(i) From sitting on platform, the Top is pitched for a straight jump dismount by the Base and Middle. (ii) Top stands on the platform and the Base and Middle squat and return to standing.</p>	<p>Two Tops in immediate succession perform the same skill.</p> <p>Base and Middle throw the Top from cradle to re-catch in cradle. Top can be on front or back in cradle.</p>	<p>Two Tops in immediate succession perform the same skill.</p> <p>Top jumps to cradle, this can be from a run or from standing. Flight must be seen before the catch.</p>
	<p>(i) Legs together and straight with back of knees pressed to the floor, toes pointed, back should remain as flat as possible.</p>	<p>(ii) Shoulders pushed past the hands which are shoulder width apart and straight. Legs straight, feet flat on floor and legs together.</p>	<p>(iii) Any splits can be performed. The hips should be square to the front and in box splits the knees should be facing the ceiling. Hands can be on or off the floor.</p>
D	<p>(i) In straddle sit position, hands on floor at or in front of the knees, legs are lifted clear of the floor. Legs should remain straight and extended.</p>	<p>(ii) Shoulder stand should achieve a straight body line.</p>	<p>(iii) In the one foot stand the supporting leg must be straight and hips square. The free leg should be bent at 90° at the knee and the knee level with the hip.</p>
	<p>(i) Backward roll should be made from 2 feet and the hands touch the floor only at the start. The straddle stand may be in piked or upright. (ii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The 180° straight jump should be to 2 feet and completed before landing.</p>	<p>(iii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The straddle stand may be in piked or upright. (iv) Backward roll should be made from and finish on 2 feet, the hands touch the floor only at the start. The stand should be with feet together. (v) The tumble should be smooth and continuous without additional steps.</p>	<p>(vi) Backward roll should be made from and finish on 2 feet, the hands touch the floor only at the start. The legs should be straight throughout. (vii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The roll should pass through Japana without stopping. (viii) The tumble should be smooth and continuous without additional steps.</p>
E			
Flex			
Stand			
Agility/ Tumble			

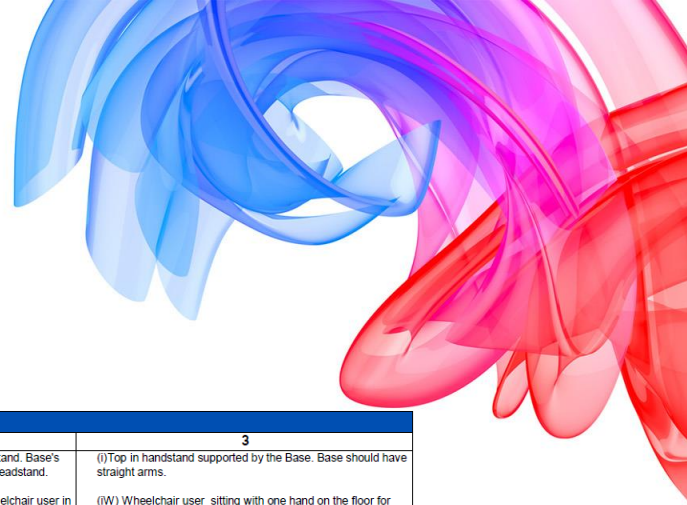
(Ref: National Develop Plan 9. Table of Difficulty. Sept 2018. Page 60)



Skills – ACRO – Grade 2 (Trios – Men’s)

Grade 2 - Men's Groups			
	1	2	3
A			
B			
C			
D			
E			
Flex	i Pike fold	ii Bridge	iii Any splits
Stand	i Straddle sit with leg lift 2"	ii Shoulder stand 2"	iii One foot stand 2"
Agility/ Tumble	i Backward roll to straddle stand ii Forward roll 180 jump	iii Forward roll to straddle stand iv Backward roll to stand v Cartwheel chasse cartwheel	vi Backward roll with straight legs to stand vii Forward roll straddle stand through to lie on front viii Forward roll jump to 1 leg cartwheel

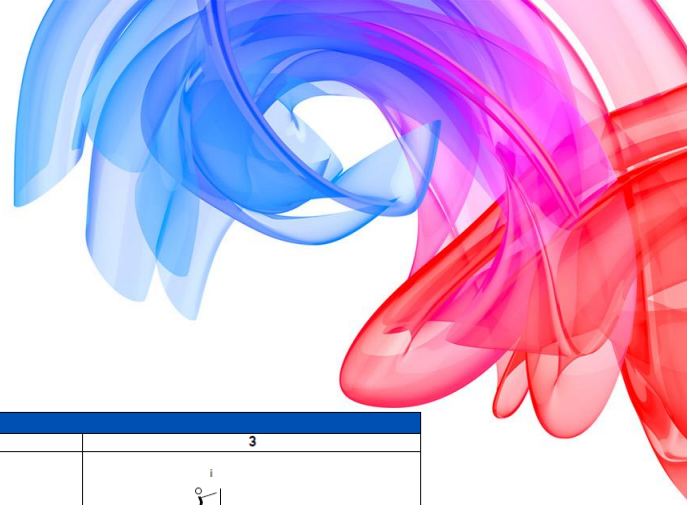
(Ref: National Develop Plan 9. Table of Difficulty. Sept 2018. Page 61)



Skills – Disability ACRO – Grade 1 (Pairs)

		Grade 1 Pairs		
		1	2	3
A	A	(i) Top in front support with ankles resting on Base's shoulders. Base's arm position is optional. (W) Top performs front support with feet and ankles on thighs of wheelchair user, who uses hands to support the Top's feet.	(i) & (ii) Base kneeling, Top in supported headstand. Base's arms can be bent when supporting the Top in headstand. (W) Top performs headstand supported by wheelchair user in front or to the side of the chair.	(i) Top in handstand supported by the Base. Base should have straight arms. (iW) Wheelchair user sitting with one hand on the floor for support. Top performs front support with two legs supported by one hand of the Base. (iiW) Wheelchair user sitting with no support from arms. Top performs front support with feet resting on shoulders of the Base.
		(i) & (ii) The hand grip is optional in the counterbalance but the Base and Top should have straight arms. (iW) Wheelchair user supports the Top, who is kneeling, to counterbalance. Base and Top should have straight arms. (iiW) Wheelchair user in any sitting position supports Top to perform counterbalance in straddle sit. Base and Top should have straight arms.	(i) The grip is optional in the counterbalance but the Base and Top should have straight arms. The Top should be facing away from the Base. (W) The grip is optional in the counterbalance but the Base and Top should have straight arms.	(i) Base's legs should be raised at 45° and straight with the Top in an off-balance chair position supported on the middle/lower back by the Base's feet. (iW) Wheelchair user uses one hand to support the Top who is in counterbalanced stand using two-on-one hand hold. Base and Top should have straight arms. (iiW) Wheelchair user sitting gives one hand support to Top who performs counterbalanced stand with two-on-one hand grip. Wheelchair user's second hand is on the floor for stability.
		(i) Base lying, Top in front support supported by the Base at the ankle. Base should have straight arms. (ii) Base lying with knees bent together, Top in front support with their feet/ankles on the knees of the Base. (W) Top performs front support with bent arm support from the wheelchair user. The supporting arms of the Base must be unsupported.	(i) Base lying, Top in front support with hands on Base's legs. Base supports the Top's legs below the Top's knee. Base and Top should have straight arms. (ii) Base lying with knees bent, Top in front support with hands on Base's knees. Base and Top should have straight arms. (W) Base lying, leg position optional. Top in front support supported by the Base at the ankle. Base should have straight arms.	(i) & (ii) Base kneeling, Top stands supported on Base's thighs. The Base may support the Top with one or two hands. The arms of the Base may be bent. The Top should not make contact with the Base's body. (W) Base lying with knees bent together, Top in front support with their feet/ankles on the knees of the Base. Base may support their legs with their hands for stability.
		(i) Base and Top should be back to back at the start, each completes a full circle. Finishing where they started. (W) Wheelchair user in crouch on knees, Top performs star jump over.	(i) Base in an arch. Top reaches both hands over the waist of the Base and forward rolls. (W) & (Wii) Base in arch or supine (dish) body shape. The base has the option for the legs to remain in contact with the floor with only the upper body lifted. Top reaches both hands over the waist of the Base and forward rolls.	(i) Base in dish. Top cartwheels over the waist of the Base, with one hand either side of the Base. (W) & (Wii) Base in arch or supine (dish) body shape. The base has the option for the legs to remain in contact with the floor with only the upper body lifted. Top cartwheels over the waist of the Base, with one hand either side of the Base.
		(i) Top performs a straight jump supported by the Base. The Base's arms may be bent during the lift but the Top's arms should be straight. (iW) Wheelchair user dismounts from the chair aided by Top. (iiW) Base sitting in wheelchair assists the jump of the Top. The Top's arms should be straight.	(i) Top forward rolls to stand supported by the Base. (iW) Top forward rolls to stand supported by the Wheelchair user. (iiW) Wheelchair user performs an unaided dismount from the chair. Top performs a teddy bear roll.	(i) Top forward rolls to a straight jump supported by the Base. (iW) Top forward rolls to a straight jump supported by the wheelchair user. (iiW) One strong push from wheelchair user to travel forwards. Top performs a cartwheel alongside the chair.
Flex	Flex	(i) Back straight, legs wide, toes pointed, arms free. (iW) Sit with body erect and arms free. Leg position optional.	(i) Legs wide and straight with back of knees pressed to the floor, toes pointed, back and head in a straight line. (iiW) Hip lift with feet resting on floor.	(i) Legs together and straight with back of knees pressed to the floor, toes pointed, back should remain as flat as possible. (iiW) Legs together and straight with back of knees pressed to the floor, toes pointed, back should remain as flat as possible.
		(i) Shoulders over hands, straight line from head to toe. Toes tucked under. (iW) Front support on hands and knees, back and arms straight. (iiW) Low front support, back as straight as possible.	(i) Fingers facing away from toes, hips lifted to give a straight body position from head to toe. Toes pointed. (iiiW) Curled back lying, holding knees.	(iii) Arch support with one leg lifted (ivW) Curled back lying, one arm free.
Stand	Stand	(i) Forward roll should be made from two feet and the hands only touch the floor at the start of the roll. The straddle sit is upright with a straight back. (ii) Forward roll should be made from two feet and the hands only touch the floor at the start of the roll. The jump should be straight and to two feet. (iW) Half log roll, body shape optional.	(iii) Forward roll should be made from and finish on two feet, legs straight and apart as the feet come to the floor. The hands only touch the floor at the start of the roll. (iv) Backward roll should be made from two feet and the hands only touch the floor at the start of the roll. The jump should be straight and to two feet. (iiW) Full log roll, body shape optional.	(v) Backward roll should be made from two feet and the hands only touch the floor at the start of the roll. The straddle stand can be in piked or upright. (vi) Forward roll should be made from two feet and the hands only touch the floor at the start of the roll. The 180° straight jump should be to two feet and completed before landing. (iiiW) In curled shape, rocking on back for two rocks.

(Ref: National Develop Plan 9. Table of Difficulty. Disability Acrobatics. Sept 2018. Page 20)



Skills – Disability ACRO – Grade 1 (Pairs)

	Grade 1 Pairs		
	1	2	3
A	 i w	 i ii w	 i iiw iw
B	 i counterbalance ii iw counterbalance iiw	 i counterbalance w counterbalance	 i counterbalance iiw iw counterbalance
C	 i ii w	 i ii w	 i ii w
D	 i teddy bear roll w	 i iiw iw	 i iiw iw
E	 i iiw iw	 i iiw 360° iw	 i iiw iw
Flex	 i straddle sit iw Sit with body erect and arms free	 ii japana iiw	 iii pike fold iiw Pike fold, leg position to accommodate
Stand	 i front support 2° iw iiw	 ii back support 2° iiw	 iii Arch support on one knee 2° iw
Agility / Tumble	 i Forward roll to straddle sit ii Forward roll straight jump iw 180°	 iii Forward roll to straddle stand iv Backward roll straight jump iiw 360°	 v Backward roll to straddle stand vi Forward roll 180° jump iiw

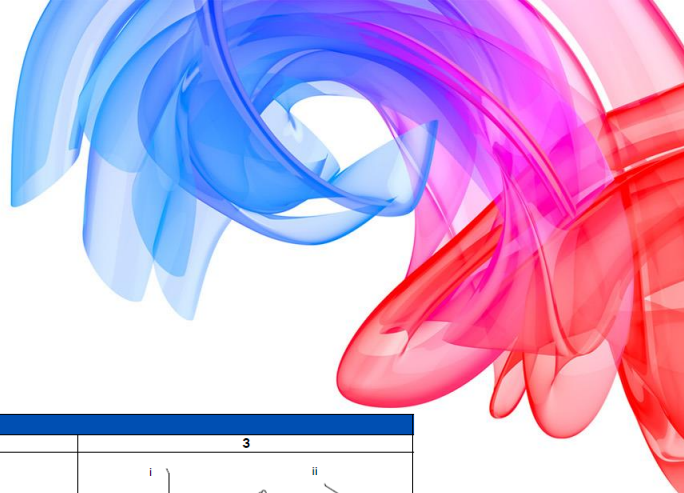
(Ref: National Develop Plan 9. Table of Difficulty. Disability Acrobatics. Sept 2018. Page 21)



Skills – Disability ACRO – Grade 2 (Pairs)

		Grade 2 Pairs		
		1	2	3
A	(i) Top in handstand supported by the Base. Base should have straight arms. (iW) Wheelchair user sitting with one hand on the floor for support. Top performs front support with two legs supported by one hand of the Base. (iiW) Wheelchair user sitting with no support from arms. Top performs front support with feet resting on shoulders of the Base.	(i) Top should be in a balanced handstand with the Base providing minimal support at the waist with straight arms. (W) Top should be in a balanced handstand with the wheelchair user providing minimal support at the waist with straight arms. The handstand may be in front of or to the side of the chair.	(i) Top in a supported shoulder stand on the Base's hands. Top provides additional support by holding onto the Base's knees. (ii) Base supports the heel of the Top's straight leg in the stag handstand. (iW) Wheelchair user supports the heel of the Top's straight leg in the stag handstand. (iiW) Wheelchair user in sitting using one hand for support on floor the other hand supports the heel of the Top's straight leg in the stag handstand.	
	(i) Base's legs should be raised at 45° and straight with the Top in an off-balance chair position supported on the middle/lower back by the Base's feet. (iW) Wheelchair user uses one hand to support the Top who is in counterbalanced stand using two-on-one hand hold. Base and Top should have straight arms. (iiW) Wheelchair user sitting gives one hand support to Top who performs counterbalanced stand with two-on-one hand grip. Wheelchair user's second hand is on the floor for stability.	(i) & (ii) Base kneeling, Top stands on Base's thighs. Base may support the Top with one or two hands, grip is optional. The arms of the Base and Top should be fully extended and form a continuous line, but may be crossed. The Top should not make contact with the Base's body. (iW) Wheelchair user uses one hand to support Top who is in counterbalanced stand using one hand hold. Grip is optional. Base and Top should have straight arms. (iiW) Wheelchair user sitting gives one hand support to Top who performs counterbalanced stand with one hand grip. Wheelchair user's second hand is on the floor for stability.	(i) & (ii) Base in chair position, Top stands on Base's thighs. Grip is optional. The arms of the Base and Top should be fully extended and form a continuous line, but may be crossed. The Top should not make contact with the Base's body. (iW) Wheelchair user uses one hand to support Top who is in a one foot countabalance. Base and Top should have straight arms. (iiW) Wheelchair user sitting gives one hand support to Top who is in a one foot countabalance. Wheelchair user's second hand is on the floor for stability. Base and Top should have straight arms.	
B	(i) & (ii) Base kneeling, Top stands supported on Base's thighs. The Base may support the Top with one or two hands. The arms of the Base may be bent. The Top should not make contact with the Base's body. (iii) & (iv) Base kneeling, Top stands supported on one foot on Base's thighs. The Base may support the Top with one or two hands. The arms of the Base may be bent. The Top should not make contact with the Base's body. (W) Base lying with knees bent together, Top in front support with their feet/ankles on the knees of the Base. Base may support their legs with their hands for stability.	(i) & (ii) Top stands on one foot in balance on the thigh of the Base. Grip is optional. Arms of both partners should be fully extended. (W) Base lying, leg position optional. Top in front angel. Top can provide additional support with both hands on the floor.	(i) Supported front angel on Base's feet. Base supports Top by the hands, grip is optional. (ii) Supported back angel on Base's feet. Base supports Top by the arms/wrists, grip is optional. (W) Base lying, leg position optional. Top in front angel. Top can provide additional support with one hand on the floor.	
	(i) Base in dish. Top cartwheels over the waist of the Base, with one hand either side of the Base. (iW) & (iiW) Base in arch or supine (dish) body shape. The base has the option for the legs to remain in contact with the floor with only the upper body lifted. Top cartwheels over the waist of the Base, with one hand either side of the Base.	(i) Base supports the Top's waist throughout the cartwheel. (W) Top perform a supported straight jump using wheelchair handles or shoulders.	(i) Base supports the Top at the waist for a vertical jump, the shape of the Top is optional. The hips of the Top should reach the Base's shoulder height as a minimum. The Base can release and re-catch the Top but is not required to do so. (W) Wheelchair user supports the Top by one arm for a vertical jump, the shape of the Top is optional. The hips of the Top should reach the Base's shoulder height as a minimum. The Base can release and re-catch the Top but is not required to do so.	
C	(i) Top forward rolls to a straight jump supported by the Base. (iW) Top forward rolls to a straight jump supported by the wheelchair user. (iiW) One strong push from wheelchair user to travel forwards. Top performs a cartwheel alongside the chair.	(i) Top leapfrogs over the Base. Base may face either direction but should have straight legs. Top's Legs should reach horizontal in the flight phase. (W) Wheelchair user performs two strong pushes to travel forwards. Top performs two cartwheels alongside the chair.	(i) Top jumps from two feet into the Base's arms. Jump can be from a run up or standing. The catch should be no lower than the waist of the Base. (iW) & (iiW) The Base may be in the chair or sitting on the floor. Arms of Top are straight, with hands pushing from the Base's shoulders. The Top performs a butterfly leap behind the Base.	
	(i) Legs together and straight with back of knees pressed to the floor, toes pointed, back should remain as flat as possible. (iW) Legs together and straight with back of knees pressed to the floor, toes pointed, back should remain as flat as possible.	(ii) Shoulders pushed passed the hands which are shoulder width apart and straight. Legs straight, feet flat on floor and legs together. (iiW) Sitting in wheelchair, open shoulders fully to show flexibility.	(iii) The supporting leg in the bridge may be bent or straight and the position of the free leg is optional. (iiiW) Sitting / kneeling on floor, open shoulders to show flexibility. (ivW) Back arch with the gymnast lying face down on the floor, pressing down on the floor with their hands to arch the trunk. Arms remain bent at the elbows.	
D	(i) Arch support with one leg lifted. (iW) Curled back lying, one arm free.	(iii) Shoulder stand should achieve a straight body line. (iii) V-sit may be held freely or supported with hands on the floor, fingers facing forwards. (iiW) Curled back lying with both arms free.	(iv) In all one foot stands the support leg must be straight and hips square. (iiiW) Where a disabled Base is able to perform the one foot stand but needs additional support, they may perform this individual element with the pair holding hands. (ivW) Low front support with one hand free.	
	(i) Backward roll should be made from two feet and the hands only touch the floor at the start of the roll. The straddle stand can be in piked or upright. (ii) Forward roll should be made from two feet and the hands only touch the floor at the start of the roll. The 180° straight jump should be to two feet and completed before landing. (iW) In curled shape, rocking on back for two rocks.	(iii) Forward roll is made from two feet and the hands only touch the floor at the start of the roll. The straddle stand may be piked or upright. (iv) Backward roll should be made from and finish on two feet, the hands only touch the floor at the start of the roll. The stand should be with feet together. (v) The tumble should be smooth and continuous without additional steps. (iiW) In curled shape, rocking on back to upright sitting, legs optional, back upright in final sitting position.	(vi) Backward roll to standing with legs straight throughout the roll phase and landing. (vii) Forward roll and swim through straddle shape to prone lying. (viii) Forward roll, immediate jump to one foot landing, immediate cartwheel. (iiiW) Sit with hips lifted from the floor and move for two hand changes in any direction. (ivW) In chair, 360° pirouette with minimum pushes.	
E	(i) Flex	(ii) Stand	(iii) Agility / Tumble	

(Ref: National Develop Plan 9. Table of Difficulty. Disability Acrobatics. Sept 2018. Page 22)



Skills – Disability ACRO – Grade 2 (Pairs)

	Grade 2 Pairs		
	1	2	3
A	 	 	
B	 	 	
C	 	 	
D	 	 	
E	 	 	
Flex	 <p>Pike fold</p> <p>Pike fold, with leg position as straight as possible</p>	 <p>Bridge</p> 	 <p>Bridge with one foot on the floor</p>
Stand	 <p>Arch support on one knee 2"</p> <p>2"</p>	 <p>2"</p> <p>2"</p> <p>"V" sit</p> <p>2"</p>	<p>i Any one foot stand held for 2"</p> <p>iiiW Any one foot stand held for 2"</p> <p>ivW</p>
Agility / Tumble	<p>i Backward roll to straddle stand</p> <p>ii Forward roll 180° jump</p> 	<p>iii Forward roll to straddle stand</p> <p>iv Backward roll to stand</p> <p>v Cartwheel chasse cartwheel</p> 	<p>vi Backward roll with straight legs to stand</p> <p>vii Forward roll straddle through to lie on front</p> <p>viii Forward roll jump to 1 leg, cartwheel</p> <p>360°</p>

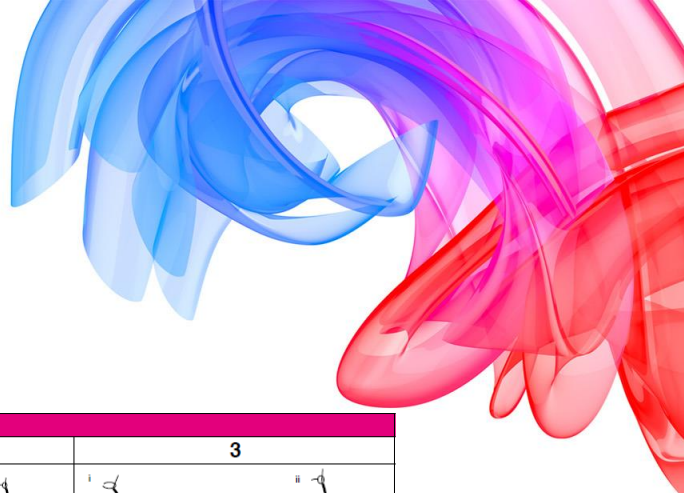
(Ref: National Develop Plan 9. Table of Difficulty. Disability Acrobatics. Sept 2018. Page 23)



Skills – Disability ACRO – Grade 1 (Trios)

		Disability Grade 2 Trio		
		1	2	3
A		(I) Base and Middle kneel side by side with the Top in counter balance on their knees facing inwards. The arms of all three are straight. Grip is optional. (W) Base and Middle side by side, leg position optional, with the Top in counter balance on their knees facing inwards. The arms of all three are straight. Grip is optional. (IW) Two wheelchair partners support Top in a counterbalanced stand, each using one arm. The free arm position is optional. (iW) Wheelchair user and Middle support Top in a counterbalanced stand, each using one arm. The free arm position is optional.	(I) Top performs stand on thighs. All three hold hands, arms may be bent and grip is optional. (ii) Top stands supported on shoulders with one foot on the Base and Middle, who support the Top by holding the lower leg with one hand each. (W) Base and Middle lie side by side with bent arm support. The Top stands in their hands. Each Base may use one or two hand. (IW) Top stands in bent arm support of one of the Base's. Wheelchair user supports the hand of the Top.	(I) Top stands supported on shoulders with one foot on the Base and Middle, who support the Top by holding the lower leg with one hand each. (ii) Top stands in balance supported on the thighs of the Base and Middle who are in lunge in any orientation. (W) Base and Middle lie side by side with long arm support. The Top stands in their hands. Each Base may use one or two hand. (IW) Top stands in long arm support of one of the Base's. Wheelchair user supports the hand of the Top.
		(I) Middle sits on the feet of the Base, using the feet against the legs of the Base for stability. Top stands on one foot in front of the Middle. Arms of Middle and Top should be straight and grip is optional. (ii) Linked one foot stand. All partners must be in contact with each other using their inside arms. Grip is optional. The outside arms are free. (W) Two wheelchair users are side by side supporting the Top's hands to perform an arabesque. (iW) Wheelchair users and Middle are side by side supporting the Top's hands to perform an arabesque.	(I) Middle in front angle on Base's feet and supports the Top who is performing an arabesque holding hands with Middle. Grip is optional. (ii) Linked arabesque hold. All partners must be in contact with each other on straight arms. Grip is optional. (W) Two Bases lie supine, supporting back log position of Top at the shoulder and ankle. Top's arm positions are optional. (iW) One Base lies supine, supporting back log position of Top at the shoulder and the wheelchair user supports the ankles of the Top. Top's arm positions are optional.	(I) Linked wingglass holds. All partners must be in contact with the other but orientation is optional. Grip is optional. (ii) Base lies on the floor with legs straight and raised vertically. Base supports the Middle on straight arms. Top stands on the Middle's thighs. (W) Two Bases lie supine, supporting back log position of Top at the shoulder and ankle. Top has one leg raised. The Base supporting the ankle uses two hands for the support. (iW) One Base lies supine, supporting back log position of Top at the shoulder and the wheelchair user supports the ankle of the Top. Top has one leg raised. The Base supporting the ankle uses two hands for the support.
		(I) Base and Middle support the handstand of the Top on straight arms below the knee. (ii) Base stands with feet together supporting the Top in handstand. Arms of the Base should be straight. The Middle performs arabesque holding on to the shoulders of the Base with straight arms. (W) Two side by side wheelchair users support the Top in handstand using one-arm. (iW) Wheelchair user and Middle side by side support the Top in handstand using one-arm.	(I) Base lies on the floor supporting the lower back of the Middle with feet. Top stands in counterbalance on the thighs of the Middle, linking hands on straight arms. Grip is optional. (ii) Bases support Top in a handstand with their feet. (W) Top does a handstand on the ankles of Base one who is seated on the floor. Base two seated in the chair then supports the handstand with two hands. (iW) Two Bases sit side by side in straddle, each using one hand Top support the Top to perform handstand between them. The outside arms of the Bases may be free or on the floor, but should match h each other for symmetry. (iW) Base lies on the floor supporting the lower back of the Middle with hands. Top stands in counterbalance on the thighs of the Middle, linking hands on straight arms. Grip is optional.	(I) Base in straddle sit with Top in supported stand on shoulders. Middle in a handstand supported by the Top. Top and Middle positions are interchangeable. (ii) Base lies on the floor supporting the lower back of the Middle. The Top stands on the thighs of the Middle supported at the waist. (W) Two Bases lie side by side with Top performing handstand between them. Each Base supports the Top with one hand, the other hand free or on the floor. (iW) Base one lies on floor, using hands to support counterbalance hold with Middle who has the Top in balanced stand on knees. (iW) Wheelchair user supports Top with one hand on the foot in stag or split handstand. Top in handstand on Middle's ankles.
		(I) Base and Middle lie side by side in dish, the position of their arms is optional. Top forward rolls over their waist. (W) Bases and Middle lie side by side leaving gap between them. They may be in dish or arch position. Top performs two consecutive forward rolls over them. There must be no extra steps between the two cartwheels.	(I) Top consecutively leapfrogs over Base and Middle with no extra steps. Base and Middle may face either direction but should have straight legs. Top's legs should reach horizontal in the flight phase. (W) Two Wheelchair users are side by side. They each use one hand to support the Top in a straight jump between the chairs. Their other hand may be used for additional support on the chair if necessary. Top's arms must be straight throughout, but Bases may bend their arms to assist the impulse. (iW) As (iW) with one Base kneeling or in lunge.	(I) Base and Middle support the Top to jump. Top shape in the jump is optional. No release is required although the Base and Middle may release the hand on the upper arm of the Top. (W) Two Wheelchair partners are side by side. They each use one hand to support the Top in two consecutive jumps - straight followed by split - between the chairs. Their other hand may be used for additional support on the chair if necessary. Top's arms must be straight throughout, but Bases may bend their arms to assist the impulse. (iW) As (iW) with one Base kneeling or in lunge.
		(I) From sitting on platform the Top is pitched for a straight jump dismount by the Base and Middle. (ii) Top stands on the platform and the Base and Middle squat and return to standing. (W) Unaided dismount from chair(s) Partner(s) perform(s) a forward roll.	(I) Base and Middle throw the Top from cradle to re-catch in cradle. Top can be on front or back in cradle. (W) One strong push from the wheelchair user(s) while the other performer(s) perform(s) a cartwheel.	(I) Top jumps to cradle, this can be from a run or from standing. Flight must be seen before the catch. (W) Two pushes from the wheelchair user(s) while the other performer(s) perform(s) two consecutive cartwheels. (iW) Two Bases in turn support assisted butterfly so the Top performs two consecutive butterflies each one supported by a different Base.
Flex		(I) Legs together and straight with back of knees pressed to the floor, toes pointed, back should remain as flat as possible. (W) Legs together and straight with back of knees pressed to the floor, toes pointed, back should remain as flat as possible.	(I) Shoulders pushed passed the hands which are shoulder width apart and straight. Legs straight, feet flat on floor and legs together. (iW) Sitting in wheelchair, open shoulders fully to show flexibility.	(ii) The supporting leg in the bridge may be bent or straight and the position of the free leg is optional. (iW) Sitting / kneeling on floor, open shoulders to show flexibility.
		(I) Arch support with one leg lifted. (W) Curled back lying, one arm free.	(i) Shoulder stand should achieve a straight body line. (ii) V-sit May be held freely or supported with hands on the floor, fingers facing forwards. (iW) Curled back lying with both arms free.	(iv) In all one foot stands the support leg must be straight and hips square. (iW) Where a disabled Base is able to perform the one foot stand but needs additional support, they may perform this individual element with the pair holding hands. (iW) Low front support with one hand free.
Stand		(I) Backward roll should be made from two feet and the hands only touch the floor at the start of the roll. The straddle stand can be in piked or upright. (ii) Forward roll should be made from two feet and the hands only touch the floor at the start of the roll. The 180s straight jump should be to two feet and completed before landing. (iW) In curled shape, rocking on back for two rocks.	(ii) Forward roll is made from two feet and the hands only touch the floor at the start of the roll. The straddle stand may be piked or upright. (iv) Backward roll should be made from and finish on two feet, the hands only touch the floor at the start of the roll. The stand should be with feet together. (v) The tumble should be smooth and continuous without additional steps. (iW) In curled shape, rocking on back to upright sitting, legs optional, back upright in final sitting position.	(vi) Backward roll to standing with legs straight throughout the roll phase and landing. (vi) Forward roll and swim through straddle shape to prone lying. (vii) Forward roll, immediate jump to one foot landing, immediate cartwheel. (iW) Sit with hips lifted from the floor and move for two hand changes in any direction. (iW) In chair, 360° piroette with minimum pushes.
Agility / Tumble				

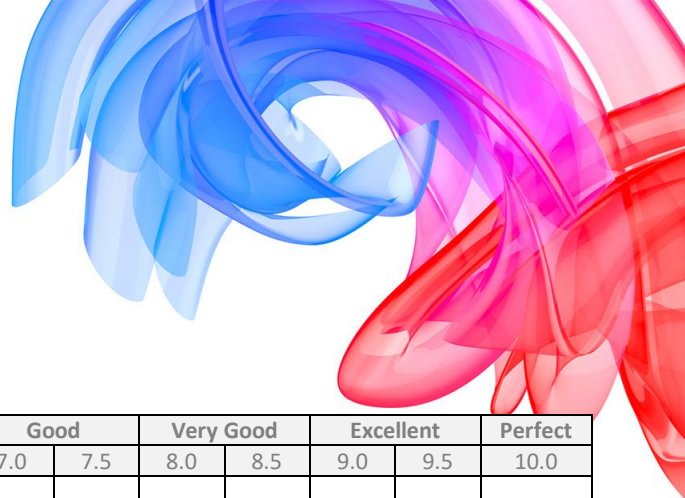
(Ref: National Develop Plan 9. Table of Difficulty. Disability Acrobatics. Sept 2018. Page 28)



Skills – Disability ACRO – Grade 1 (Trios)

	Disability Grade 2 Trio		
	1	2	3
A			
B			
C			
D			
E			
Flex			
Stand			
Agility / Tumble			

(Ref: National Develop Plan 9. Table of Difficulty. Disability Acrobatics. Sept 2018. Page 29)



Deductions – ACRO and Disability ACRO

Artistry deductions	Poor		Satisfactory		Good		Very Good		Excellent		Perfect
	5.0	5.5	6.0	6.5	7.0	7.5	8.0	8.5	9.0	9.5	10.0
Partnership Partner relationship Audience impact	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0
Expression Gymnast portray an emotion Audience understands character/feels/attitude	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0
Performance Variety of space, pathways, and levels Synchronisation and amplitude of performance	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0
Creativity Variation in composition/ entries and exits Originality	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0
Musicality Synchronisation with music Movements match the music	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0

		Execution deductions				0.1	0.3	0.5	1.0
Execution Score (E score)	Skill focused deductions (Each time) (Max 1.0 per element)	Physical assistance by the coach							X
		Each missing pair element							X
		Each missing individual element							X
		Performance of forbidden element or element not declared on tariff sheet							X
		A fall							X
		Poor sportsmanship in the field of play is displayed				X			
		Music infringements				X			
		Two feet land outside the boundary (each time)				X			
		Forbidden/immodest attire is worn				X			
		Marking on the floor or presence of a coach				X			
		Serious technical faults				X			
		Height difference of gymnasts 35cm +			X				
		Re-start exercise without justification			X				
		Failure to present to judges (at the start/end)			X				
		Start/finish before music (except Pre-NDP)			X				
		Coaching from the sidelines			X				
		Elements not performed in order of tariff sheet			X				
		Balances – missing second			X				
		Significant technical fault			X				
		Difference in height of gymnasts 31 – 34.9cm		X					
	Each second over music 2-minute allowance		X						
	Singular step over boundary		X						
	Attire adjusted/lost (each time)		X						
	Verbal coaching by partner		X						
	Small technical faults		X						
	Element deductions (Max once per element)	Element started and not completed							1.0
Any static Pair/Group element held for less than one second								0.9	
Any static Individual element held for less than one second								0.6	