



## In Flyt and Pyramid Acro GfA ACRO and TUM competition Skills and Tariff sheet

Requirements – ACRO

Requireme	Requirements – ACRO				
	Pre NDP	Grade 1	Grade 2		
<ul> <li>Tariff sheets are located as a separate excel document (as per national tariff sheet)         <ul> <li>Each gymnast will require a tariff sheet completing</li> </ul> </li> <li>Skills can't be repeated</li> <li>Music length = 2 minutes (maximum)         <ul> <li>No lyrics, as per NDP rules (voice can be used as instrument)</li> <li>Pre NDP – Music can be just background music, a free choice, and doesn't requir be cut</li> </ul> </li> <li>All holding elements are to be held for three 'Mississippi' (or similar choice of wording Only the skills performed are judged</li> <li>Skills have been 'screen shot' from NDP documents to insert into this document. For fand clearer writing (instead of images) please see NDP</li> </ul>					
Pairs Information	Pairs are allowed in forms of	of males, females, or mixed			
<b>Trios Information</b>	• Trios are allowed in forms of	of males or females			
<b>Difficulty Value</b> (DV score)	<ul> <li>This is totaled by each skill select from the table         <ul> <li>If table column says 1 (or Option 1), the skill DV = 0.1</li> <li>Maximum DV = 1.5</li> <li>Minimum DV = 0.5</li> <li>Individual elements don't incur a DV, only the Acro Pair/Trio balances gain a DV</li> </ul> </li> <li>From the table of skill;         <ul> <li>Select a single element from each row. You can select from different columns e.g. Pre-NDP routines will have 6 elements in total</li> <li>Write these down onto your tariff sheet, in the order you wish it to be performed</li> </ul> </li> </ul>				
Artistry Score (A score)	<ul> <li>Each gymnast starts with the maximum score</li> <li>The maximum score awarded is 10.0</li> <li>The minimum score awarded is 5.0</li> <li>See Artistry Deductions table for details</li> </ul>				
<ul> <li>Each gymnast starts with the maximum score</li> <li>The maximum score awarded is 10.0</li> <li>The minimum score awarded is 5.0</li> <li>See Artistry Deductions table for details</li> </ul>					
<ul> <li>Difficulty Valve (DV score) + Artistry Score (A score) + Execution Score (E Score</li> <li>Starting Score – Judges Deductions (Artistry + Execution) = Final Score Example:</li> <li>10.0 (DV) + 10.0 (A) + 10.0 (E) = 30.0 Starting Score</li> <li>30.0 (Starting) – 3.2 Artistry Deductions – 2.8 Execution Deductions = 25.0 F</li> </ul>		inal Score			





Skills – ACRO – Pre NDP (Pairs and Trios)

Skills -	kills – ACRO – Pre NDP (Pairs and Trios)				
	Option 1	Option 2	Order		
B a l a n c e	Or Or		1		
F I e x	Japana or Pike Fold - Not flat	Bridge - Bent or straight legs	2		
B a l a n c e		A	3		
S t a n d	Back support 2" or Front Support 2"	1 foot stand 2"	4		
D y n a n i		打好	5		
A E i i t y	Forward Roll to Straddle Sit	Cartwheel	6		

(Ref: Pre NDP Grade Sheet)



Skills – ACRO – Grade 1 (Pairs and Trios)

<u> – A</u>	- ACRO - Grade 1 (Pairs and Trios)			
		C	Grade 1 - Pairs	
		1	2	3
	Α	(i) Top supported at the weist in a balanced headstand with bent legs.  (ii) Top supported at the weist in a balanced headstand 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 waht.
	В	(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.
	С	(i) Top in front support supported by the Base at the artike. 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.
Aoility/	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.

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



Skills - ACRO - Grade 1 (Pairs and Trios)

- ACRO -	- ACRO - Grade 1 (Pairs and Trios)				
	(	Grade 1 - Pairs			
	1	2	3		
Α	HH	H	H		
В		j	<b>1</b>		
С		11	I		
D			7		
E	工業	Meson	和料		
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		
		. N-+:  D  D  O T-			

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





Skills - ACRO - Grade 2 (Pairs)

– ACRO – Grade 2 (Pairs)				
	C	Grade 2 - Pairs		
	1	2	3	
Α	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 Tops 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 anides of the Base. Base supports the Top's bent knee with one or two hands.	
В	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.	
С	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 ben't 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 Japana without stopping. (viii) The tumble should be smooth and continuous without additional steps.	

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



Skills – ACRO – Grade 2 (Pairs)

– ACRO –	Grade 2 (Pairs)				
	Grade 2 - Pairs				
	1	2	3		
A	H	FX.	L 4		
В	<b>1</b>	Y A	Ì		
С	ゴ		T		
D	3)	***	村野		
E	を外	*	**		
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 vii Forward roll jump to 1 leg cartwheel.		

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





Skil

	- Grade 2 (Trios – Women's)  Grade 2 (Trios – Women's)	ade 2 - Groups		
Sidd 2 Siddps				
	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.	
В	(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 wineglass holds. All partners must be in contact with the other but orientation is optional Grip is optional	
С	(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 base of the Middle. The Top stands on the thighs of the Middle and can be supported but is not required be.	
D	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 releathe hand on the upper arm of the Top.	
E	(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 fro standing. Flight must be seen before the catch.	
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 square to the front and in box splits the knees should be facing the ceiling. Hands can be on or of 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 b bent at 90° at the knee and the knee level with th 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	(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 ro should pass through Japana without stopping. (viii) The tumble should be smooth and continuou without additional steps.	

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

GfA ACRO and TUM Competition ACRO – Pre NDP to Grade 2 TUM – Club Level 1 to 2 Skills and Tariff sheet Boys and Girls

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ills – ACRO ·	<ul><li>– Grade 2 (Trios – Women's)</li></ul>			
Grade 2 - Groups				
	1	2	3	
А				
В	जन तीन	大子	AH WY	
С	ti Yti	X X	ii Or Top stands free	
D		*	MI MIM	
E	H H H	**	1	
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	
ΑĻ			viii Forward roll jump to 1 leg cartwheel	

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





ACITO	– Grade 2 (Trios – Men's)	do 2 Monte Groupe		
Grade 2 - Men's Groups				
	1	2	3	
Α	Two Pairs in immediate succession perform the same skill.  (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.	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.	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.	
В	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.	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.	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 th Top to do a handstand on the floor.	
С	Two Tops in immediate succession perform the same skill.  Bases support the handstand of the Top on straight arms.	Two Tops in immediate succession perform the same skill.  (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.	Two Tops in immediate succession perform the sar skill.  (i) Base in straddle sit with Base 2 in supported stan on shoulders. Middle and Top in a handstand supported by Base 2.  (ii) Base 1 lies on the floor supporting the lower bac of Base 2. The Middle and Top stands on the thighs. Base 2 and can be supported but is not required to I	
	Two Tops in immediate succession perform the same skill.	Two Tops in immediate succession perform the same skill.	Two Tops in immediate succession perform the sar skill.	
D	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 shap in the jump is optional. No release is required althou the Base and Middle may release the hand on the upper arm of the Top.	
	Two Tops in immediate succession perform the same skill.	Two Tops in immediate succession perform the same skill.	Two Tops in immediate succession perform the sar skill.	
E	(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.	
Flex	(i) Legs together and straight with back of knees pressed to the floor, toes pointed, back should remain as flat as possible.  The property of the property o	(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 shoul 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 ben 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 o 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 th hands touch the floor only at the start. The roll shoup ass through Japana without stopping. (viii) The tumble should be smooth and continuous without additional steps.	

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





Skills - ACRO - Grade 2 (Trios - Men's)

alls – ACRO	Ils – ACRO – Grade 2 (Trios – Men's)  Grade 2 - Men's Groups					
	1	2	3			
Α	1 A					
В	A	H				
С	į,					
D		*				
E	H H H	*	1			
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

- D	Disability ACRO – Grade 1 (Pairs		
	1	Grade 1 Pairs 2	3
	(i) Top in front support with ankles resting on Base's	(i) & (ii) Base kneeling, Top in supported headstand. Base's	(i)Top in handstand supported by the Base. Base should have straight arms.
A	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.	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.	(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	<ul> <li>(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.</li> </ul>	<ul> <li>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.</li> </ul>
В	counterbalance. Base and Top should have straight arms.  (iiW) Wheelchair user in any sitting position supports Top to	(W) The grip is optional in the counterbalance but the Base and Top should have straight arms.	(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.
	perform counterbalance in straddle sit. 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.	(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.	(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
	(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	(ii) Base lying with knees bent, Top in front support with hands on Base's knees. Base and Top should have straight arms.	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
С	the wheelchair user. The supporting arms of the Base must be unsupported.	(W) Base lying, leg position optional. Top in front support supported by the Base at the ankle. Base should have straight arms.	support their legs with their hands for stability.
	Base and Top should be back to back at the start, each completes a full circle. Finishing where they started.	(i) Base in an arch. 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) Wheelchair user in crouch on knees, Top performs star jump over.	(Wi) & (Wii) Base in arch or supine (dish) body shape. The base has the option for the legs to remain in contact with the	(Wi) & (Wii) Base in arch or supine (dish) body shape. The base has the option for the legs to remain in contact with the
D		floor with only the upper body lifted. Top reaches both hands over the waist of the Base and forward rolls.	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	(i) Top forward rolls to stand supported by the Base.	(i) Top forward rolls to a straight jump supported by the Base.
	should be straight.  (iW) Wheelcahir user dismounts fromthe chair aided by Top.	(iW) Top forward rolls to stand supported by the Wheelchair user.	(iW) Top forward rolls to a staright jump supported by the wheelchair user.
E	(iiW) Base sitting in wheelchair assists the jump of the Top. The Top's arms should be straight.	(iiiV) Wheelchair user performs an unaided dismount from the chair. Top performs a teddy bear roll.	(iiW) One strong push from wheelchair user to travel forwards. Top performs a cartwheel alongside the chair.
	(i) Back straight, legs wide, toes pointed, arms free.		
	(i) Back straight, legs wide, toes pointed, arms free.  (iW) Sit with body erect and arms free. Leg position optional.	(ii) Legs wide and straight with back of knees pressed to the floor, toes pointed, back and head in a straight line.	(ii) Legs together and straight with back of knees pressed to the floor, toes pointed, back should remain as flat as possible.
Flex		(iiW) Hip lift with feet resting on floor.	(IIIV) 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	(ii) Fingers facing away from toes, hips lifted to give a straight	(iii) Arch support with one leg lifted
	tucked under.  (iW) Front support on hands and knees, back and arms	body position from head to toe. Toes pointed.  (iiiW) Curled back lying, holding knees.	(ivW) Curled back lying, one arm free.
Stand	straight.  (iiW) Low front support, back as straight as possible.		
Sta			
	(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.	(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.	(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.
Agility / Tumble	(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.	(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.	(vi) Forward roll should be made from two feet and the hands only touch the floor at the start of the roll. The 180o straight jump should be to two feet and completed before landing.
Agilit	(iW) Half log roll, body shape optional.	(iiW) Full log roll, body shape optional.	(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)

s – D	isability ACRO – Grade 1 (Pairs	5)	
	1	Grade 1 Pairs 2	3
A	w w		iw iiw
В	counterbalance iiW	i counterbalance	i counterbalance iiW counterbalance
O		w w	w y
D	teddy bear roll W	in Sin in i	iw iiw
Е	i i i i i i i i i i i i i i i i i i i	iw iiw iiw iiw	iw iw
Flex	i straddle sit IW Sit with body erect and arms free	ii Japana iiW	iii  Pae fold  iiiW  Pike fold, leg position to accommodate
Stand	front support 2*	ii back support 2" iiiW	Arch support on one knee 2"
Agility / Tumble	i Forward roll to straddle sit ii Forward roll straight jump  IW	iii Forward roll to straddle stand iv Backward roll straight jump  iiw  360°	v Backward roll to straddle stand vi Forward roll 180° jump  iiiw

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





– D	Disability ACRO – Grade 2 (Pairs)									
		Grade 2 Pairs								
	(i)Top in handstand supported by the Base. Base should have straight arms.	(i) Top should be in a balanced handstand with the Base providing minimal support at the waist with straight arms.	(i) Top in a supported shoulder stand on the Base's hands.     Top provides additional support by holding onto the Base's knees.							
	(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.	(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	(ii) Base supports the heel of the Top's straight leg in the stag handstand.							
A	(iiW) Wheelchair user sitting with no support from arms. Top performs front support with feet resting on shoulders of the Base.	side of the chair.	(īW) Wheelchair user supports the heel of the Top's straight leg in the stag handstand.							
	333		(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.  (i/W) Wheelchair user uses one hand to support the Top who	(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.	(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.							
В	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	(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.	(iW) Wheelchair user uses one hand to support Top who is in a one foot countabalance. Base and Top should have straight arms.							
	who performs counterbalanced stand with two-on-one hand grip. Wheelchair user's second hand is on the floor for stability.	(iiW) Wheelchair user sitting gives one hand support to Top who performs countertialanced stand with one hand grip. Wheelchair user's second hand is on the floor for stability.	(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.							
	(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.	<ul><li>(i) &amp; (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.</li></ul>	(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							
С	(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	(W) Base lying, leg position optional. Top in front angel. Top can provide additional support with both hands on the floor.	(ii) depointed such anget of page steels base supports risp 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.							
	wo name: The mains of the Uses I may be clert. 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/arnkles on the knees of the Base. Base may support their legs with their hands for stability.		cal provide administration support with one hand on the mod.							
	(i) Base in dish. Top cartwheels over the waist of the Base,	(i) Base supports the Top's waist throughout the cartwheel.	(i) Base supports the Top at the waist for a vertical jump, the							
	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 carthwelse over the	(W) Top performa a supported straight jump using wheelchair handles or shoulders.	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.							
D	waist of the Base, with one hand either side of the Base.		(M) 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.							
	(i) Top forward rolls to a straight jump supported by the Base.	(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.	(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.							
E	(iW) Top forward rolls to a staright jump supported by the wheelchair user.  (iiW) One strong push from wheelchair user to travel	(W) Wheelchair user performs two strong pushes to travel forwards. Top performs two cartwheels alongside the chair.	(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							
	forwards. Top performs a cartwheel alongside the chair.		the Base.							
	(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 passed the hands which are shoulder width apart and straight. Legs straight, feet flat on floor and legs together.	(iii) The supporting leg in the bridge may be bent or straight and the position of the free leg is optional.							
Flex	(IW) Legs together and straight with back of knees pressed to the floor, toes pointed, back should remain as flat as	(iiW) Sitting in wheelchair, open shoulders fully to show flexibility.	(iiiW) Sitting / kneeling on floor, open shoulders to show flexibility.							
	possible.	(iii) Choulder atond should sali trait had a li	(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.							
	(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	<ul><li>(iv) In all one foot stands the support leg must be straight and hips square.</li></ul>							
Stand	(IT) contact stack rying, one and nee.	floor, fingers facing forwards.  (iiW) Curled back lying with both arms free.	(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.							
Sta			(ivW) Low front support with one hand free.							
	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.	(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.	(vi) Backward roll to standing with legs straight throughout the roll phase and landing.							
Agility / Tumble	(ii) Forward roll should be made from two feet and the hands only touch the floor at the start of the roll. The 180o straight jump should be to two feet and completed before landing.	(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.	(vii) Forward roll and swim through straddle shape to prone lying.      (viii) Forward roll, immediate jump to one foot landing,							
Agility /	jump should be to two leet and completed before familing.  (iW) In curled shape, rocking on back for two rocks.	(v) The tumble should be smooth and continuous without additional steps.	immediate cartwheel.  (iiiW) Sit with hips lifted from the floor and move for two hand							
		(iiW) In curled shape, rocking on back to upright sitting, legs optional, back upright in final sitting position.	changes in any direction.							
	(= 6 a) 1 = 1	optional, pack upright in final sitting position.	(ivW) In chair, 360° pirouette with minimum pushes.							

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

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Skills - Disability ACRO - Grade 2 (Pairs)

- Disability ACRO - Grade 2 (Pairs)											
	Grade 2 Pairs  1 2 3										
A	IW IIW	w	ii iii iii iii ii ii ii ii ii ii ii ii								
	i counterbalance	i ii ii Counterbalance	i ii counterbalance								
В	counterbalance iiiW	iW iiW counterbalance	IW IIW counterfulance								
C		w A									
D	iw iiw		11 ×								
E			IW IIW								
Flex	Pike fold  IW  Pike fold, with leg position as straight as possible	ii Bridge	Bridge with one foot on the floor								
Stand	Arch support on one linee 2"	ii iii 2° 2° 3° 3° 3° 3° 3° 3° 3° 3° 3° 3° 3° 3° 3°	i Any one foot stand held for 2" iiiW Any one foot stand held for 2" ivW								
Agility / Tumble	i Backward roll to straddle stand ii Forward roll 180° jump  IW	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 through to lie on front viii Forward roll jump to 1 leg , cartwheel iiiW ivW								
	/D ( )		hility Associate Cont 2019 Do								

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





Skills -

Section for the stand of the contract for the contract fo	Disa	ability ACRO – Grade 1 (Trios)		
Company of Michiel company for the years of the the mark of the second company of the		<u>,                                      </u>	•	
(i) The analysis on this place on the place of the place		(i) Base and Middle kneel side by side with the Top in counter balance	(i) Top performs stand on thighs. All three hold hands, arms may be	(i) Top stands supported on shoulders with one foot on the Base an
(iii) Simple and blade with by socking processor and with the Ten processor of the second of the Second Sec				Middle, who support the Top by holding the lower leg with one hand each.
(M) The anather services are specified to the property and the property an		counter balance on their knees facing inwards. The arms of all three are	Middle, who support the Top by holding the lower leg with one hand	(i) Top stands in balance supported on the thighs of the Base and Middle who are in lunge in any orientation.
as an true file of the District of the Search (1997). The assessment of the Search (1997) is a search of the Search (1997) in the Search of the Search (1997) is a search of the Search (1997). The search is beginned to the Search (1997) is a search of the Search (1997) in the Search (1997) is a search of the Search (1997) in the Search (1997) is a search (1997) in the Search (1997) in the Search (1997) is a search (1997) in the Search (1997) in the Search (1997) is a search (1997) in the Search (1997) in the Search (1997) is a search (1997) in the Search (1997) in the Search (1997) is a search (1997) in the Search (1997) in the Search (1997) is a search (1997) in the Search (1997) in the Search (1997) is a search (1997) in the Search (1997) in the Search (1997) is a search (1997) in the Search (1997) in the Search (1997) is a search (1997) in the Search (1997		•		(NV) Base and Middle lie side by side with long arm support. The To
stand, what programs. The field size, require the large of the large o		each using one arm. The free arm position is optional.	(iiW) Top stands in bent arm support of one of the Base's. Wheelchair	(ilW) Top stands in long arm support of one of the Base's. Wheelch
the Base for stability. The stands on one bloch from or fine Models. And stands on the stands of the		(iiW) Wheelchair user and Middle support Top in a counterbalanced stand, each using one arm. The free arm position is optional.	user supports the hand of the Top.	user supports the hand of the Top.
(i) Like and authorized and a process of the control with several control of the		the Base for stability. Top stands on one foot in front of the Middle. Arms	Middle in front angel on Base's feet and supports the Top who is performs an arabesque holding hands with Middle. Grip is optional.	Linked wineglass holds. All partners must be in contact with the count orientation is optional. Grip is optional.
(IV) The all the same and set by the same and set by the same property the first hands to perform an auditoria.  (IV) The Blass as the same and set by the same and foliable are tried by settine and set by the same and foliable are tried by settine and settines.  (IV) The Blass as the same and foliable are tried by settine and settines.  (IV) The Blass as the same and foliable are tried by settine and settines.  (IV) The Blass as the same and foliable are tried by settine and settines.  (IV) The Blass as the same and foliable are tried by settine and settines.  (IV) The Blass as the same and foliable are tried by settines are updated and settines.  (IV) The Blass as the same and foliable are tried by settines are updated and settines.  (IV) The Blass as the same and foliable are tried by settines are updated and settines.  (IV) The Blass as the same and foliable are tried by settines are updated and settines.  (IV) The Blass as the same and foliable are tried by settines are updated and settines.  (IV) The Blass as the same and settines are updated and settines are updated and settines.  (IV) The Blass as the same and settines are updated and settines are updated and settines.  (IV) The Blass as the same and settines are updated and settines.  (IV) The Blass as the same and settines are updated and settines.  (IV) The Blass as the same and settines are updated and settines.  (IV) The Blass as the same and settines are updated and settines.  (IV) The Blass as the same and settines are updated and settines.  (IV) The Blass as the same and settines are updated and settines.  (IV) The Blass as the same and settines are updated and settines.  (IV) The Blass as the same and settines are updated and settines.  (IV) The Blass as the same and settines are updated and settines.  (IV) The Blass as the same and settines are the same and settines.  (IV) The Blass as the same and settines.  (IV) The Bl		,		(ii) Base lies on the floor with legs straight and raised vertically. Bas supports the Middle on straight arms. Top stands on the Middle's the
is perform an enhance.  ((iii)) The eather is sent and folding was site by side supporting the Top's household as practices are supported the another one supported the another of the support.  (iii) Base and Modite support the horistend of the Top on averaging area.  (iii) Base and Modite support the horistend of the Top on averaging area.  (iii) Base and Modite support the horistend of the Top on averaging area.  (iii) Base and Modite support the horistend of the Top on averaging area.  (iii) Base area on the fitting of the third of the Top on averaging area.  (iii) Base are not folding a support the horistend of the Top on averaging area.  (iii) Base are not folding a support the horistend of the Top on averaging area.  (iv) Top on the third opening a support the Top on horistend with the top of the third opening area.  (iv) Top of the support support the Top on the third opening area.  (iv) Top of the support support the Top on horistend with the horist support the Top on the third opening area.  (iv) Top of the support support the Top on the third opening area.  (iv) Top of the support support the Top on the third opening area.  (iv) Top of the support support the Top on the third opening area.  (iv) Top of the support support the Top on the third opening area.  (iv) Top of the support support the Top on the third opening area.  (iv) Top of the support support the Top on the third opening area.  (iv) Top of the support support the Top on the third opening area.  (iv) Top of the support support support the top of the support supp				(W) Two Bases lie supine, supporting back log position of Top at the
Amount by preferror an anabesque.  (i) Base and Mode support the handstand of the Top on steaget arms before to been.  (ii) Base stead with the strippiner supporting the Top in handstand. Arms of the Base should be steaged. The biddle performs particularly and the strippiner supporting the strippiner support the strippiner support the strippiner support the strippiner support to the strippiner supports the strippiner support to the strippiner supports the strippin		to perform an arabesque.	(iiW) One Base lies supine, supporting back log position of Top at the	ankle uses two hands for the support.
(i) Base and Mobile support the hamideand of the Top on awaysta areas (ii) Base and Mobile support the hamideand of the Top on awaysta areas (iii) Base and Mobile support the hamideand support the Top in Indicated with the Indicated with the Indicated support to the Indicated with the Indicated wi		(iiW) Wheelchair users and Middle are side by side supporting the Top's hands to perform an arabesque.		(iW) One Base lies supine, supporting back log position of Top at 1 shoulder and the wheelchair user supports the ankle of the Top. To have not less spiced. The Base support the ankle of the Top. To.
Column   Design   D				
(ii) Bases standard with five to gooding on Export in South Carbon Stranger (iii) and the support of the South Stranger (iii) and the stranger (iiii) and			feet. Top stands in counterbalance on the thighs of the Middle, linking	(i) Base in straddle sit with Top in supported stand on shoulders. M     in a handstand supported by the Top. Top and Middle positions are     interchangeable.
(IV) The safety pide wheelphart users support the Top in handstand on the device. See the support the handstand on the device. See the support the handstand of the safety		Arms of the Base should be straight. The Middle performs arabesque	- ' '	(ii) Base lies on the floor supporting the lower back of the Middle. T
wing one-sem.  (W) Wheelshare rare and Middle side by side support the Top in handstand strang one-sem.  (W) Elease is the by side in straddle, each using one-hand Top support the Top is perform included between them. The distille arms of the States may be been or the floor to both of much handstand between them. They contribute the stranger of the States may be been or the floor to both of much handstand between them. They give in ords in a proposed or the states of the States may be been or the floor to be floor supporting the top the states of the States and Middle is not be floor to the states of the states		(iW) Two side by side wheelchair users support the Top in handstand	on the floor, Base two seated in the chair then supports the handstand	(iW) Two Bases lie side by side with Top performing handstand be
of the Bases may be there or on the floor, Lud should match in each other for grammatic.  (ii) Base and Middle is add by add in dish, the position of the amen is optional. Top format rolls one therm. They must be a floor of the add in the position of the amen is optional. Top format rolls one them. They may be in dish, the position of the amen is optional. They must be in on ords add in the position of the amen is optional. They must be no exist adding a lost better them. They must be no exist adding a lost better them. They must be no exist adding a lost better them. They must be no exist adding a lost better them. They must be no exist adding a lost better them. They must be no exist adding a lost better them. They must be no exist adding a lost better them. They must be no exist adding a lost better them. They must be no exist adding a lost better them. They must be no exist adding a lost better them. They must be no exist adding a lost better them. They must be no exist adding a lost better them. They must be no exist adding a lost better them. They must be no exist adding a lost better them. They must be no exist adding a lost better them. They must be no exist adding a lost better them. They must be no exist adding a lost		using one-arm.  (W) Wheelchair user and Middle side by side support the Top in	(iiW)Two Bases sit side by side in straddle, each using one hand Top	them. Each Base supports the Top with one hand, the other hand or on the floor.
In anich. Top stands in concentralization on the trights of the Middle, linking plants on the Signifight ann. (One proposed of the Middle lands the position of their arms is option.) Top forward rolls over the reach of the control over the reach over the reach of the control over the reach over the reach of the control over the contr		nanosano using one-am.	of the Bases may be free or on the floor, but should match h each other for symmetry.	with Middle who has the Top in balanced stand on knees.  (iiW) Wheelchair user supports Top with one hand on the foot in s
steps. Basa and Middle may be a defined in sold by the Middle sold by			hands. Top stands in counterbalance on the thighs of the Middle, linking	or split handstand. Top in handshand on Middle's ankles.
(W) Two Wheelchal uses are side by yelds. Two yeach use on the variety and holde for side to be yeld between the formal completed and the side of the			steps. Base and Middle may face either direction but should have	Base and Middle support the Top to jump. Top shape in the jum optional. No release is required although the Base and Middle may release the hand on the jumps arm of the Top.
may be used for additional support on the chair. Their other hand may be used for additional support on the chair fencessary. Top's arms must be traight throughout. Bases may bend they arms to assist the impulse.  (iii) From sting on platform the Top is pitched for a straight jump dismount by the Base and Middle.  (iii) Top stands on the platform and the Base and Middle squat and return to standing.  (iv) I unaded dismount from chairs) Partner(s) perform(s) a forward rot.  (iv) Lineaded dismount from chairs) Partner(s) perform(s) a forward rot.  (iv) Lineaded dismount from chairs) Partner(s) perform(s) a forward rot.  (iv) Lineaded dismount from chairs) Partner(s) perform(s) a forward rot.  (iv) Lineaded dismount from chairs) Partner(s) perform(s) a forward rot.  (iv) Lineaded dismount from chairs) Partner(s) perform(s) a forward rot.  (iv) Lineaded dismount from chairs) Partner(s) perform(s) a forward rot.  (iv) Lineaded dismount from chairs) Partner(s) perform(s) a forward rot.  (iv) Lineaded dismount from chairs) Partner(s) perform(s) a forward rot.  (iv) Lineaded dismount from chairs) Partner(s) perform(s) a forward rot.  (iv) Lineaded dismount from chairs) Partner(s) perform(s) a forward rot.  (iv) Lineaded dismount from chairs) Partner(s) perform(s) a forward rot.  (iv) Lineaded dismount from chairs) Partner(s) perform(s) a forward rot.  (iv) Lineaded dismount from chairs) Partner(s) perform(s) a forward rot.  (iv) Lineaded dismount from chairs) Partner(s) perform(s) a forward rot.  (iv) Stong I have blooded remain as flat as possible.  (iv) Lineaded dismount from chairs) Partner(s) perform(s) a forward rot as traight house the flat on floor and straight with back of kneep pressed to the floor, toes portice, back should remain as flat as possible.  (iv) Stong I have blood fermined as flat as possible.  (iv) Stong I have blood fermined be an additional performed by a different Base and floor of the feet and the hands only bush the floor at the stand of the rot.  (iv) Shoulder stand should be made from two		may be in dish or arch position. Top performs two consecutive forward	(iW) Two Wheelchair users are side by side. They each use one hand to	(W) Two Wheelchair partners are side by side. They each use one
the impulse.  ((W) As (W) with one Base kneeling or in lunge.  ((W) As (W) with one Base kneeling or in lunge.  ((W) As (W) with one Base kneeling or in lunge.  ((W) As (W) with one Base kneeling or in lunge.  ((W) As (W) with one Base kneeling or in lunge.  ((W) As (W) with one Base kneeling or in lunge.  ((W) I with one Base kneeling or in lunge.  ((W) I with one Base kneeling or in lunge.  ((W) I with one Base kneeling or in lunge.  ((W) As (W) with one Base kneeling or in lunge.  ((W) I with one B			may be used for additional support on the chair if necessary. Top's arms	between the chairs. Their other hand may be used for additional su
(ii) From sting on platform the Top is plathed for a straight jump dismount by the Base and Middle squat and return to standing. (iii) Top stands on the platform and the Base and Middle squat and return to standing. (iv) Unaded dismount from char(s) Partner(s) perform(s) a forward roll.  (iv) Unaded dismount from char(s) Partner(s) perform(s) a forward roll.  (iv) Unaded dismount from char(s) Partner(s) perform(s) a forward roll.  (iv) Unaded dismount from char(s) Partner(s) perform(s) a forward roll.  (iv) Unaded dismount from char(s) Partner(s) perform(s) a forward roll.  (iv) Unaded dismount from char(s) Partner(s) perform(s) a forward roll.  (iv) Unaded dismount from char(s) Partner(s) perform(s) a forward roll.  (iv) Unaded dismount from char(s) Partner(s) perform(s) a forward roll.  (iv) Unaded dismount from char(s) Partner(s) perform(s) a forward roll.  (iv) Unaded dismount from char(s) Partner(s) perform(s) a forward roll.  (iv) Unaded dismount from char(s) Partner(s) perform(s) a forward roll.  (iv) Unaded dismount from char(s) Partner(s) perform(s) a forward roll.  (iv) Unaded dismount from char(s) Partner(s) perform(s) a forward roll.  (iv) Unaded dismount from char(s) Partner(s) perform(s) a forward roll.  (iv) Unaded dismount from char(s) Partner(s) perform(s) a forward roll structure from the wheelchair user(s) while the other performe(s) perform(s) to carcinate the coll.  (iv) Unaded dismount from char(s) Partner(s) perform(s) a forward roll structure from the Charce from the Order of the Structure from the Charce from the Order of the Structure from the University of the Charce from the Order of the Structure from the Order of th			the impulse.	Bases may bend their arms to assist the impulse.
dismount by the Base and Middle.  (ii) Top stands on the platform and the Base and Middle squat and return to standing.  (iii) Top stands on the platform and the Base and Middle squat and return to standing.  (iv) Unabled dismount from chair(s) Partner(s) perform(s) a forward roll.  (iv) Unabled dismount from chair(s) Partner(s) perform(s) a forward roll.  (iv) Unabled dismount from chair(s) Partner(s) perform(s) a forward roll.  (iv) Unabled dismount from chair(s) Partner(s) perform(s) a forward roll.  (iv) Unabled dismount from chair(s) Partner(s) perform(s) a carehheel.  (iv) Unabled dismount from chair(s) Partner(s) perform(s) a carehheel.  (iv) Unabled dismount from chair(s) Partner(s) perform(s) a carehheel.  (iv) Unabled dismount from chair(s) Partner(s) perform(s) a carehheel.  (iv) Two Bases in turn support assisted butlerfly so the Top performer(s) perform(s) a carehheel.  (iv) Two Bases in turn support assisted butlerfly so the Top performer(s) perform(s) a carehheel.  (iv) Two Bases in turn support assisted butlerfly so the Top performer(s) perform(s) a carehheel.  (iv) Two Bases in turn support assisted butlerfly so the Top performer(s) perform(s) a carehheel.  (iv) Two Bases in turn support assisted butlerfly so the Top performer(s) perform(s) the consecutive butlerflies each one supported by a different Base of the consecutive butlerflies each one supported by a different Base of the consecutive butlerflies each one supported by a different Base of the consecutive butlerflies each one supported by a different Base of the consecutive butlerflies each one supported by a different Base of the consecutive butlerflies each one supported by a different Base of the consecutive butlerflies each one supported by a different Base of the consecutive butlerflies each one supported by a different Base of the consecutive butlerflies each one supported by a different Base of the consecutive butlerflies each one supported by a different Base of the consecutive butlerflies each one supported by a different Base f			(iW) As (iW) with one Base kneeling or in lunge.	(iiW) As (iW) with one Base kneeling or in lunge.
return to standing.  (W) Unadded dismount from chair(s) Partner(s) perform(s) a forward roll.  (i) Legs together and straight with back of knees pressed to the floor, toes pointed, back should remain as flat as possible.  (ii) Legs together and straight with back of knees pressed to the floor, toes pointed, back should remain as flat as possible.  (iii) Arch support with one leg iffed.  (iii) Arch support with one leg iffed.  (iii) Curled back lying, one arm free.  (iii) Shoulders stands should achieve a straight body line.  (iii) Vail back should be made from two feet and the hands only touch the floor at the stant of the roll. The straiddle stand can be in piked or upright.  (iii) Backward roll should be made from two feet and the hands only touch the floor at the stant of the roll. The straiddle stand can be in piked or upright.  (iv) Backward roll should be made from two feet and the hands only touch the floor at the stant of the roll. The straiddle stand can be in piked or upright.  (iv) Backward roll should be made from two feet and the hands only touch the floor at the stant of the roll. The straiddle stand can be in piked or upright.  (iv) Backward roll should be made from two feet and the hands only touch the floor at the stant of the roll. The straiddle stand may be piked or upright.  (iv) Backward roll is standing with legs straight throughout the roll and landing.  (iv) The tumble should be mode from the floor and move for two hand charal strains.  (iv) The tumble should be smooth and continuous without additional steps.  (ivi) The straiddle stand, continuous without additional steps.  (ivi) The straiddle stand, continuous without additional steps.  (ivi) The straiddle stand may be piked or upright.  (ivi) The straiddle stand may be piked or upright.  (ivi) The straiddle stand may be piked or upright.  (ivi) The straiddle stand may be piked or upright.  (ivi) The straiddle stand may be piked or upright.  (ivi) The straiddle stand may be piked or upright.  (ivi) The straiddle stand may be piked or up				Top jumps to cradle, this can be from a run or from standing. Flig must be seen before the catch.
(W) Unaded dismount from chair(s) Partner(s) perform(s) a forward roll.  (i) Legs together and straight with back of knees pressed to the floor, toes pointed, back should remain as flat as possible.  (ii) Legs together and straight with back of knees pressed to the floor, toes pointed, back should remain as flat as possible.  (iii) Shoulders pushed passed the hands which are shoulder width apart and straight Legs straight, feet flat on floor and legs together.  (iii) Shoulders pushed passed the hands which are shoulder width apart and straight Legs straight, feet flat on floor and legs together.  (iii) Shoulder stand should schieve a straight body line.  (iii) Shoulder stand should achieve a straight body line.  (iii) Y-sit May be held freely or supported with hands on the floor, fingers flating flowards.  (iiii) Shoulder stand should achieve a straight body line.  (iii) Y-sit May be held freely or supported with hands on the floor, fingers flating flowards.  (iiii) Y-sit May be held freely or supported with hands on the floor, fingers flating flowards.  (iiii) Y-sit May be held freely or supported with hands on the floor, fingers floor at the stand of the roll. The straiddle stand can be in piked or upright.  (iv) Sackward roll should be made from two feet and the hands only touch the floor at the stand of the roll. The straiddle stand may be piked or upright.  (iv) Sackward roll should be made from two feet and the hands only touch the floor at the stand of the roll. The straiddle stand may be piked or upright.  (iv) Sackward roll should be made from two feet and the hands only touch the floor at the stand of the roll. The straiddle stand may be piked or upright.  (iv) Sackward roll should be made from two feet and the hands only touch the floor at the stand of the roll. The straiddle stand may be piked or upright.  (iv) Sackward roll should be made from two feet and the hands only touch the floor at the stand of the roll. The straiddle stand may be piked or upright.  (iv) Sackward roll should be made from tw				
(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 passed the hands which are shoulder width apart and straight. Legs straight, feet flat on floor and legs together.  (iii) Shoulders pushed passed the hands which are shoulder width apart and straight legs that the floor and legs together.  (iv) I caps together and straight with back of knees pressed to the floor, toes pointed, back should remain as flat as possible.  (iv) String in wheelchair, open shoulders fully to show flexibility.  (iv) Arch support with one leg iffled.  (iv) Curled back lying, one arm free.  (iv) Shoulder stand should achieve a straight body line.  (iv) Curled back lying, one arm free.  (iv) Curled back lying with both arms free.  (iv) Shoulder stand should achieve a straight body line.  (iv) Curled back lying, one arm free.  (iv) I all one floot stands the support leg must be straight and hips square.  (iv) I all one floot stands the support leg must be straight and hips square.  (iv) I all one floot stands the support leg must be straight and hips square.  (iv) I all one floot stands the support leg must be straight and hips square.  (iv) I all one floot stands the support leg must be straight and hips square.  (iv) I all one floot stands the support leg must be straight and hips square.  (iv) I all one floot stands the support leg must be straight and hips square.  (iv) I all one floot stands the support leg must be straight and hips square.  (iv) I all one floot stands the support leg must be straight and hips square.  (iv) I all one floot stands the support leg must be straight and hips square.  (iv) I all one floot stands the support leg must be straight and hips square.  (iv) I all one floot stands the support leg must be straight and hips square.  (iv) I all one floot stands the support leg must be straight and hips square.  (iv) I all one floot stands the support leg must be straight and hips square.  (iv) I all one floot stands the s		(W) Unaided dismount from chair(s) Partner(s) perform(s) a forward roll.		(iW) Two Bases in turn support assisted butterfly so the Top performance.
toes pointed, back should remain as flat as possible.  (iii) Legs together and straight with back of knees pressed to the floor, toes pointed, back should remain as flat as possible.  (iii) String in wheelchair, open shoulders fully to show flexibility.  (iii) Arch support with one leg lifted. (iii) Curled back lying, one arm free.  (iii) Vait May be held freely or supported with hands on the floor, fingers facing forwards. (iiii) Vait May be held freely or supported with hands on the floor, fingers facing forwards. (iiii) Vait May be held freely or supported with hands on the floor, fingers facing forwards. (iiii) Vait May be held freely or supported with hands on the floor, fingers facing forwards. (iiii) Vait May be held freely or supported with hands on the floor, fingers facing forwards. (iiii) Vait May be held freely or supported with hands on the floor, fingers facing forwards. (iiii) Vait May be held freely or supported with hands on the floor, fingers facing forwards. (iiii) Vait May be held freely or supported with hands on the floor, fingers facing forwards. (iiii) Vait May be held freely or supported with hands on the floor, fingers facing forwards. (iiii) Vait May be held freely or supported with hands on the floor, fingers facing forwards. (iiii) Vait May be held freely or supported with hands on the floor, fingers facing forwards. (iiii) Vait May be held freely or supported with hands on the floor, fingers facing forwards. (iiii) Vait May be held freely or supported with hands on the floor, fingers facing forwards. (iiii) Vait May be held freely or supported with hands on the floor, fingers facing forwards. (iiii) Vait May be held freely or supported with hands on the floor, fingers facing forwards. (iiii) Vait May be held freely or supported with hands on the floor, fingers facing forwards. (iiii) Vait May be held freely or supported with hands on the floor, fingers facing forwards. (iiii) Vait May be held freely or supported with hands on the floor, fingers facing forwards for fine floor facing				and consecutive dimentes each one supported by a uniterality base
(W) Legs together and straight with back of knees pressed to the floor, toes pointed, back should remain as flat as possible.  (W) Stiting in wheelchair, open shoulders fully to show flexibility.  (W) Stiting in wheelchair, open shoulders fully to show flexibility.  (W) Stiting in wheelchair, open shoulders to show flexibility.  (W) Stiting in wheelchair, open shoulders fully to show flexibility.  (W) Stiting in wheelchair, open shoulders fully to show flexibility.  (W) Stiting in wheelchair, open shoulders fully to show flexibility.  (W) Stiting in wheelchair, open shoulders fully to show flexibility.  (W) I all one foot stands the support leg must be straight and hips square.  (W) Yourded back lying, one arm free.  (W) Stiting in wheelchair, open shoulders fully to show flexibility.  (W) I all one foot stands the support leg must be straight and hips square.  (W) Yourded back lying with both arms free.  (W) Ourled back lying with both arms free.  (W) Ourled back lying with both arms free.  (W) Our front support with one hand free.  (W) I satisfied from two feet and the hands only touch the floor at the stant of the roll. The straidelle stand may be piked or upright.  (W) Backward roll is standing with legs straight throughout the roll and landing.  (W) Stiting in wheelchair, open shoulders fully to show flexibility.  (W) I stand hands only square.  (W) Backward roll to standing with legs straight throughout the roll and landing.  (W) I stand hands only square.  (W) Backward roll to standing with legs straight throughout the roll and landing.  (W) Forward roll, immediate jump to one foot landing, immed				(iii) The supporting leg in the bridge may be bent or straight and the
(i) Arch support with one leg iffled. (ii) Shoulder stand should achieve a straight body line. (iii) Vouried back lying, one arm free. (iii) Vait May be held freely or supported with hands on the floor, fingers facing forwards. (iiii) Vouried back lying with both arms free. (iiii) Vait May be held freely or supported with hands on the floor, fingers facing forwards. (iiii) Vouried back lying with both arms free. (iiii) Vait May be held freely or supported with hands on the floor, fingers facing forwards. (iiii) Vouried back lying with both arms free. (iv) In all one floot stands the support leg must be straight and hips square. (iiii) You from the floor at the stand of the floor of the floor of the stand of the roll. The straidle stand and he in piked or upright. (iv) Backward roll is standing with legs straight throughout the roll and landing. (iv) Backward roll is standing with legs straight throughout the roll and landing. (iv) Backward roll is standing with legs straight throughout the roll and landing. (iv) Backward roll is standing with legs straight throughout the roll and landing. (iv) Backward roll is standing with legs straight throughout the roll and landing. (iv) Backward roll is standing with legs straight throughout the roll and landing. (iv) Backward roll is standing with legs straight throughout the roll and landing. (iv) Backward roll is standing with legs straight throughout the roll and landing. (iv) Backward roll is standing with legs straight throughout the roll and landing. (iv) Backward roll, immediate jump to one foot landing, immediate strainless. (ivi) The tumble should be smooth and continuous without additional steps. (ivi) In all one foot stands the support leg must be straight and hyps square. (ivi) In all one foot stands the support leg must be straight and hyps square. (ivi) In all one foot stands the support leg must be straight and hyps square. (ivi) In all one foot stands the support leg must be straight and hyps square. (ivi) In all one foot stands the support leg must be str				
(W) Curled back lying, one arm free.  (ii) V-sit May be held fireely or supported with hands on the floor, fingers facing forwards.  (iii) V-sit May be held fireely or supported with hands on the floor, fingers facing forwards.  (iii) V-sit May be held fireely or supported with hands on the floor, fingers facing forwards.  (iiii) V-sit May be held fireely or supported with hands on the floor, fingers facing forwards.  (iiii) V-sit May be held fireely or supported with hands on the floor, fingers facing forwards.  (iiii) V-sit May be held fireely or supported with hands on the floor, fingers facing forwards.  (iiii) V-sit May be held fireely or supported with hands on the floor, fingers facing forwards.  (iiii) V-sit May be held fireely or supported with hands on the floor, fingers facing forwards.  (iiii) V-sit May be held fireely or supported with hands on the floor, fingers facing forwards.  (iiii) V-sit May be held fireely or supported with hands on the floor, fingers facing forwards.  (iiii) V-sit May be held fireely or supported with hands on the floor, fingers facing forwards.  (iiii) V-sit May be held fireely or supported with hands on the floor, fingers facing forwards.  (iiii) V-sit May be held fireely or supported with hands on the floor, fingers facing forwards.  (iiii) V-sit May be held fireely or supported with hands on the floor, fingers facing forwards.  (iiii) V-sit May be held fireely or supported with hands on the floor, fingers facing forwards.  (iiii) V-sit May be held fireely or supported with hands on the floor, fingers facing forwards.  (iiii) V-sit May be held fireely or supported with hands on the floor, fingers and substances additional support, they may perform the one floot standing lumport, five part helding hands.  (iv) Backward roll should be made from two feet and the hands only bouch the floor at the stant of the roll. The stands should be with floor at the stant of the roll. The stand should be with fleet and the hands only bouch the floor at the stant of the roll. The stand sh			and the second s	ver y among a mounty of mout, open another a stand lexibility.
(W) Curled back lying, one arm free.  (ii) V-sit May be held fireely or supported with hands on the floor, fingers facing forwards.  (iii) V-sit May be held fireely or supported with hands on the floor, fingers facing forwards.  (iii) V-sit May be held fireely or supported with hands on the floor, fingers facing forwards.  (iiii) V-sit May be held fireely or supported with hands on the floor, fingers facing forwards.  (iiii) V-sit May be held fireely or supported with hands on the floor, fingers facing forwards.  (iiii) V-sit May be held fireely or supported with hands on the floor, fingers facing forwards.  (iiii) V-sit May be held fireely or supported with hands on the floor, fingers facing forwards.  (iiii) V-sit May be held fireely or supported with hands on the floor, fingers facing forwards.  (iiii) V-sit May be held fireely or supported with hands on the floor, fingers facing forwards.  (iiii) V-sit May be held fireely or supported with hands on the floor, fingers facing forwards.  (iiii) V-sit May be held fireely or supported with hands on the floor, fingers facing forwards.  (iiii) V-sit May be held fireely or supported with hands on the floor, fingers facing forwards.  (iiii) V-sit May be held fireely or supported with hands on the floor, fingers facing forwards.  (iiii) V-sit May be held fireely or supported with hands on the floor, fingers facing forwards.  (iiii) V-sit May be held fireely or supported with hands on the floor, fingers facing forwards.  (iiii) V-sit May be held fireely or supported with hands on the floor, fingers facing forwards.  (iiii) V-sit May be held fireely or supported with hands on the floor, fingers and substances additional support, they may perform the one floot standing lumport, five part helding hands.  (iv) Backward roll should be made from two feet and the hands only bouch the floor at the stant of the roll. The stands should be with floor at the stant of the roll. The stand should be with fleet and the hands only bouch the floor at the stant of the roll. The stand sh		(i) Assh susand with one los (filed	(Charleton should asked asking a state of the state of th	Golden III and from the second to the second
(iii) Curled back lying with both arms free.  (iii) 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.  (iii) Forward 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.  (iv) Backward roll should be 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 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 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 and swim through straddle shape to prone lying. In the stand should be with fleet stagether.  (iv) Forward roll and swim through straddle shape to prone lying. (ivi) Forward roll and swim through straddle shape to prone lying. (ivi) Forward roll and swim through straddle shape to prone lying. (ivi) Forward roll and swim through straddle shape to prone lying. (ivi) Forward roll and swim through straddle shape to prone lying. (ivi) Forward roll and swim through straddle shape to prone lying. (ivi) Forward roll and swim through straddle shape to prone lying. (ivi) Forward roll and swim through straddle shape to prone lying. (ivi) Forward roll and swim through straddle shape to prone lying. (ivi) Forward roll and swim through straddle shape to prone lying. (ivi) Forward roll and swim through straddle shape to prone lying. (ivi) Forward roll and swim through straddle shape to prone lying. (ivi) Forward roll and swim through straddle shape to prone lying. (ivi) Forward roll and swim through straddle shape to prone lying. (ivi) Forward roll and swim through straddle shape to prone lying. (ivi) Forward roll and swim through straddle shape to prone lying. (ivi) Forward roll and swim through str			(iii) V-sit May be held freely or supported with hands on the floor, fingers	square.
(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 is hould 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.  (iii) Forward roll is should be 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 is hould be made from two feet, the hands only touch the floor at the start of the roll. The stand should be with feet to the floor at the start of the roll. The stand should be with feet to the start of the roll. The stand should be with feet to the floor at the start of the roll. The stand should be with feet to the floor at the start of the roll. The stand should be with feet to the floor at the start of the roll. The stand should be with feet to the floor at the start of the roll. The stand should be with feet to the floor at the start of the roll. The stand should be with feet to the floor at the start of the roll. The stand should be with feet to the floor at the start of the roll. The stand should be with feet to the floor at the start of the roll. The stand should be with feet to the floor at the start of the roll. The stand should be with feet to the floor and swim through stradgle shape to prone lying. (ivi) Forward roll and swim through stradgle shape to prone lying. (ivi) Forward roll, immediate jump to one foot landing, imm			•	(iiW) Where a disabled Base is able to perform the one foot stand needs additional support, they may perform this individual element the pair holding hands.
(ii) 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 pixed or upright.  (iii) Forward roll is hould be made from two feet and the hands only touch the floor at the start of the roll. The straddle stand may be pixed or upright.  (iv) Backward roll should be made from two feet and the hands only touch the floor at the start of the roll. The straddle stand may be pixed or upright.  (iv) Backward roll should be made from two feet, the hands only touch the floor at the start of the roll. The stand should be with feet to the roll. The stand should be with feet to the floor at the start of the roll. The stand should be with feet to the floor at the start of the roll. The stand should be with feet to the floor at the start of the roll. The stand should be with feet to the floor at the start of the roll. The stand should be with feet to the floor at the start of the roll. The stand should be with feet to the floor at the start of the roll. The stand should be with feet to the floor and swim through stradgle shape to prone lying.  (ivi) Forward roll is standing with legs straight throughout the roll and landing.  (iv) Forward roll is made from two feet and the hands only touch the floor and swim through stradgle shape to prone lying.  (ivi) Forward roll and swim through stradgle shape to prone lying.  (ivi) Forward roll and swim through stradgle shape to prone lying.  (ivi) Forward roll is standing with legs straight throughout the roll and landing.  (iv) Forward roll should be made from two feet, the hands only touch the floor and swim through straight throughout the roll and landing.  (iv) Forward roll is standing with legs straight throughout the roll and landing.  (iv) Forward roll should be with feet to the start of the roll. The stand should be with feet to the roll. The stand should be with feet to the roll. The stand should be with feet to the roll. The stand should be with feet to the roll. The stand should be with feet to the r			(INV) Control back lying with both arms free.	
touch the floor at the start of the roll. The straddle stand can be in piked or upright.  (W) Forward roll should be made from two feet and the hands only touch the floor at the start of the roll. The 190o straight jump should be to two feet and completed before landing.  (W) In curried shape, rocking on back for two rocks.  (W) In curried shape, rocking on back for two rocks.  (W) In curried shape, rocking on back for two rocks.  (W) In curried shape, rocking on back for two rocks.  (W) In curried shape, rocking on back for two rocks.  (W) In curried shape, rocking on back for two rocks.  (W) In curried shape, rocking on back for two rocks.  (W) In curried shape, rocking on back for two rocks.				
(ii) Forward roll should be made from two feet and the hands only touch the floor at the start of the roll. The stand should be with feet only touch the floor at the start of the roll. The stand should be with feet only the stand should be with feet and completed before landing.  (iii) Forward roll and swim through straddle shape to prone lying, only touch the floor at the stant of the roll. The stand should be with feet only the stand of the roll. The stand should be with feet only the stand should be with feet only the stand should be with feet only the stand of the roll. The stand should be with feet only the stand should be with feet only the stand should be with feet only the stand of the roll. The stand should be with feet only the sta		touch the floor at the start of the roll. The straddle stand can be in piked		(vi) Backward roll to standing with legs straight throughout the roll pand landing.
the floor at the stant of the roll. The 180o straight jump should be to two feet and completed before landing.  (W) In curried shape, rocking on back for two rocks.  (W) In curried shape, rocking on back for two rocks.  (W) In curried shape, rocking on back for two rocks.  (W) In curried shape, rocking on back for two rocks.  (W) In curried shape, rocking on back for two rocks.  (W) In curried shape, rocking on back for two rocks.			only touch the floor at the start of the roll. The stand should be with feet	(vii) Forward roll and swim through straddle shape to prone lying.
(W) in ourled shape, rocking on back for two rocks. steps.  (WV) Sit with hips lifted from the floor and move for two hand chark any direction.  (WV) in ourled shape, rocking on back to upright stiting, legs optional,		the floor at the start of the roll. The 180o straight jump should be to two	together.	
(iiW) In ourled shape, rocking on back to upright sitting, legs optional,		(iW) In curled shape, rocking on back for two rocks.		(iiW) Sit with hips lifted from the floor and move for two hand chan, any direction.
				•

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



- Disa	bility ACRO – Grade 1 (Trios)			
	1	Disability Grade 2 Trio		3
A				ii d
В	ii hin h			ii w
C			iiw w	
D	w S			
E	Unaided dismount from chair(s).Partner(s) perform(s) a forward roll	w w	NV NV	iiw
Flex	Pike fold  IW  Pike fold, with leg position as straight as possible	Bridge IIW	Endge wit	n one foot on the floor
Sand	Arch support on one lines 2"	2	2" .	foot stand held for 2"
Agility / Tumble	i Backward roll to straddle stand ii Forward roll 180° jump  iW	iii Forward roll to straddle stand iv Backward roll to stand v Cartwheel chasse cartwheel	vii Forward rol	roll with straight legs to stand stradide through to lie on front roll jump to 2 leg , cartwheel iWW

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





**Deductions – ACRO and Disability ACRO** 

Deductions / terro and Disability / terro											
Artistry deductions	Poor		Satisfactory		Good		Very Good		Excellent		Perfect
Ai tistry deductions		5.5	6.0	6.5	7.0	7.5	8.0	8.5	9.0	9.5	10.0
Partnership	•										
Partner relationship	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0
Audience impact											
Expression											
Gymnast portray an emotion	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0
Audience understands	1.0	1.1	1.2	1.3	1.4	1.0	1.0	1./	1.0	1.5	2.0
character/feels/attitude											
Performance											
Variety of space, pathways, and levels	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0
Synchronisation and amplitude of	2.0		1.2	1.0	±	1.0	1.0	1.7	1.0	1.0	2.0
performance											
Creativity											
Variation in composition/ entries and exits	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0
Originality											
Musicality											
Synchronisation with music	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0
Movements match the music											

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