

British Vets Acrobatic Criteria 2016

Individual Elements

	Value 1	Value 2	Value 3	Value 4	Value 5
Flexibility	i) Japana ii) Pike Fold	i) Bridge ii) Any Splits iii) From Standing Drop Back to Bridge	i) Bridge with one Leg Raised ii) Backward Walkover iii) Forward Walkover iv) Valdez v) Handstand Cut Through to Splits	i) One Arm Walkover Forward ii) One Arm Walkover Backward iii) Healy Turn iv) 360° Jump to any Splits	i) Backward Walkover to Splits ii) Forward Walkover to Splits iii) Elbow Walkover to Splits iv) One Arm Valdez
	Any uncoded skill	Any skill from the FIG Tables of Difficulty Value 1	Any skill from the FIG Tables of Difficulty Value 2	Any skill from the FIG Tables of Difficulty Value 3	Any skill from the FIG Tables of Difficulty Value 4+
Stand	i) Front Support ii) Back Support iii) One Foot Stand iv) V-Sit	i) Headstand ii) Arabesque iii) Handstand	i) Pike Lever ii) Straddle Lever iii) Handstand 180° Turn iv) Wine Glass	i) Russian Lever ii) Handstand 360° Turn iii) Chest Balance iv) Crocodile v) Tuck Top Planche vi) Flic to Headstand vii) Handstand Straddle Down	i) Handstand 540°+ Turn ii) Needlescale iii) Straddle Press to Handstand Hold iv) Splits pull up to Handstand v) One Arm Crocodile vi) Top Planche
	Any uncoded skill	Any skill from the FIG Tables of Difficulty Value 1	Any skill from the FIG Tables of Difficulty Value 2	Any skill from the FIG Tables of Difficulty Value 3	Any skill from the FIG Tables of Difficulty Value 4+
Agility	i) Forward Roll to Straddle Sit ii) Forward Roll to Stand iii) Backward Roll to Straddle Stand iv) Backward Roll to Stand	i) Forward Roll to Straddle Stand ii) Backward Roll with Straight Legs to Stand iii) Forward Roll Straddle through to Front iv) Handstand Forward Roll to Stand v) Dive Roll	i) Backward Roll to Handstand ii) Flic Walkout iii) Handspring iv) Flyspring	i) Headspring to Stand ii) Flic to Knee iii) Flic to Splits iv) Free Cartwheel to Stand or Knee v) Free Walkover to Stand or Knee	i) Headspring to Knee ii) Handspring to Knee iii) Headspring 180o Turn to Front Support iv) Any Front or Back Salto to Knee v) Any Front or Back Salto to Splits
	Any uncoded skill	Any skill from the FIG Tables of Difficulty Value 1	Any skill from the FIG Tables of Difficulty Value 2	Any skill from the FIG Tables of Difficulty Value 3	Any skill from the FIG Tables of Difficulty Value 4+
Tumble	i) Forward Roll Straight Jump ii) Backward Roll Straight Jump iii) Forward Roll 180° Jump iv) Cartwheel Chasse Cartwheel	i) Forward Roll Jump to 1 Leg Cartwheel ii) Cartwheel, Chasse, Roundoff, Jump iii) Round Off, Stretch Jump, Backward Roll iv) Round Off, 1/2 Turn, Cartwheel v) Round Off, 1/2 Turn Roundoff	i) Roundoff Flic ii) Handspring to One Roundoff Flic iii) Two Handsprings	i) Roundoff Two Flics ii) Front Salto Walkout Roundoff Flic	i) Front Walkout Roundoff Salto (Any Shape) ii) Handspring Front Salto (Any Shape) iii) Roundoff Back Salto (Any Shape) iv) Roundoff Flic Back Salto (Any Shape)
	Any uncoded skill	Any skill from the FIG Tables of Difficulty Value 1	Any skill from the FIG Tables of Difficulty Value 2	Any skill from the FIG Tables of Difficulty Value 3	Any skill from the FIG Tables of Difficulty Value 4+