



**INTERNATIONAL
DANCE
FEDERATION
TECHNICAL RULES
DISCIPLINE:
*ACRO DANCE***

TYPOLOGY:

- **ACRO DANCE SOLO:** Individual category male or female
- **ACRO DANCE COUPLE:** Two (2) dancers: one (1) male and one (1) female
- **ACRO DANCE DUO:** Two (2) dancers: both males or both females
- **ACRO DANCE SMALL GROUP:** Between three (3) and seven (7) dancers
- **ACRO DANCE FORMATION:** Between eight (8) and twenty-four (24) dancers
- **ACRO DANCE PRODUCTION:** More than twenty-four (24) dancers

COMMON RULES

- For all the situations not mentioned in these regulations, decisions will be made by the RESTRICTED TECHNICAL COMMITTEE and the IDF GENERAL SECRETARY.
- Dancer's age is considered with referral to the calendar year (1st January - 31st December). Dancers who participate in Ranking Competitions that start in October will be considered with referral to the following calendar year (which means one (1) year older).
- Age categories are divided as follows:
 - ✓ **MINI:** All dancers from the age of six (6) to the age of nine (9) (Solo – Duo – Couple – Small Group – Formation - Production).
 - ✓ **YOUTH:** All dancers from the age of ten (10) to the age of thirteen (13) (Solo – Duo – Couple – Small Group – Formation - Production).
 - ✓ **JUNIOR:** All dancers from the age of fourteen (14) to the age of sixteen (16) (Solo – Duo – Couple – Small Group – Formation - Production).
 - ✓ **ADULT:** All dancers from the age of seventeen (17) (Solo – Duo – Couple – Small Group – Formation - Production).
- Having reached the age limit for each category, dancers pass to the older category automatically.
- Dancers use their own music piece which must be in accordance with the following requirements:
 - ✓ Duration and pace limits respected for each category;
 - ✓ Visibly exposing dancers'/group: Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Name and Surname, Discipline as well as Age and Dance Category;
- The choreographed piece may be composed of any of the existing dance techniques **excluding:**
 - ✓ **DISCO DANCE**
 - ✓ **TECHNO**
 - ✓ **HIP HOP**
 - ✓ **JAZZ FUNK**
 - ✓ **DANCE POP**
 - ✓ **HOUSE**
 - ✓ **DISCO FREESTYLE**
- ✓ Dancers/Groups who fail to respect the rules will be subject to the following penalties:
 - ✓ **Dancers/groups performing without a start number**
 - ✓ **Dancer's fall**
Will be given 5 (five) points penalty.
 - ✓ **Any competitor/group whose music duration is over/under the permitted time limit**
Will be given 10 (ten) points penalty.
- ✓ Dancers/groups who commit the following:
 - ✓ **Use set (stage decorations)**
 - ✓ **Use accessories and props**
 - ✓ **Use dance technique not allowed in this discipline**
 - ✓ **Execute Acrobatic Elements not allowed**
 - ✓ **Fail to appear on stage after being called for the third time**
Will be given 'the last place' classification penalty.
- Dancers **are obliged** to perform **Acrobatic Elements, which might be individual or combined. There are limits with regards to the number of acrobatic elements allowed.**
- ✓ Acrobatic elements must be used without repetition including variations. Only round off can be used more times to prepare different acrobatic elements.
- ✓ **Acrobatic combinations are allowed but maximum three (3).** Each combination contains a **maximum of three (3) acrobatic elements. Identical elements within the acrobatic combination are allowed.** Dancer can do also the same element in the same combination but at **max with 3 repetitions.** Eg.: dancer can do three (3) free hands cartwheels combination, not four but max three. When executing combinations there can be no steps between the acrobatic elements of which the combination is composed. **The**

combination where acrobatic elements are divided by other steps is not considered a combination. As far as evaluation of combinations is concerned Adjudicators assign points for the most difficult element of the combination and then add one (1) point for each of the remaining elements in the combination; eg.: a combination of Somersault, Handstand and Kippe (head spring) should be evaluated as follows:

- ✚ An adjudicator assigns points for the Somersault (which is the most difficult element of this combination) and then adds one (1) point for the Handstand and one (1) point for Kippe (head spring).
- ✓ **Acrobatic elements can be performed with one or two hands and from one or two feet.**
- ✓ **The acrobatic phase must be executed without pause.**
- ✓ **The elements must be linked harmoniously and artistically.**
- ✓ **Dance technique and choreographic variety are foremost, whatever the difficulty of executed acrobatic elements.**

There are some restrictions regarding the acrobatic elements executed by all categories.

ACROBATIC ELEMENTS ALLOWED:

1. CARTWHEEL
2. FORWARD ROLL
3. BACKWARD ROLL
4. BRIDGE
5. HANDSTAND –
6. PRESS HANDSTAND
7. ROUND OFF
8. FORWARD WALKOVER
9. BACKWARD WALKOVER
10. HEAD SPRING – NECK SPRING – SHOULDER SPRING
11. FRONT HANDSPRING (**NOT ALLOWED FOR MINI CATEGORY**)
12. BACK HANDSPRING/FLIC FLAC (**NOT ALLOWED FOR MINI CATEGORY**)
13. AERIAL CARTWHEEL (**NOT ALLOWED FOR MINI CATEGORY**)
14. AERIAL WALKOVER (**NOT ALLOWED FOR MINI CATEGORY**)
15. WHIP (**NOT ALLOWED FOR MINI CATEGORY**)
16. BACKWARD SOMERSAULT **WITHOUT TWIST**, BACK FLIP **WITHOUT TWIST**. (**NOT ALLOWED FOR MINI CATEGORY**)
17. FORWARD SOMERSAULT **WITHOUT TWIST**, FRONT FLIP **WITHOUT TWIST**. (**NOT ALLOWED FOR MINI CATEGORY**)

- ✚ Acrobatic elements from number one (1) to number ten (10) are also for safety level mini. Mini can do only acrobatic without flight phase. **Dancers who participate in Mini age category are allowed to perform only the gymnastic and acrobatic elements described in the IDF Technical Booklet “Safety Level”. Any irregularity in this respect will result in the dancers/group being classified in the last place.** Other categories can be used any acrobatic elements from number one (1) to number fifteen (17).
- ✚ Each acrobatic element must be presented correctly with the correct technique and aesthetic for each acrobatic, with respect of safety.

Correct acrobatic element in Acro Dance must follow each of these criteria:

- ➔ **Safety**
- ➔ **Fluidity according to the music and dance movements**
- ➔ **Amplitude**
- ➔ **Quality of technical and aesthetic execution**
- ➔ **Perfect landing**

- ✚ Acro Dance will be performed on stage without any supportive equipment (**no tatami**). Dancers need to do turn, pirouettes and any dance moves that needed a "normal" dance floor.
- ✚ Costumes are free but they have to be in according to the choreography. A pair of dancing shoes is allowed to protection or to help to not slip.
- ✚ It is **forbidden to use any object, accessories and props**. If a dancer wants to wear something (like hat) it must be part of costume (not fill in or fill out). Also scenography is

forbidden but the choreography can have a story. Dancer can use only dance plus gymnastic moves and costume to tell the story to judges. It is also **forbidden any change** of costume during the performance on stage.

- Overall mark given by the Adjudicators is calculated as the sum of marks for each parameter. The parameters, in order of importance, are as follows:

SOLO:

- ✓ The parameter **Dance movement and Technique** is expressed by: execution of dance figures (difficulty level, precision, type of movements, balance, tempo and timing, use of space, dancers' posture and body control). Here is important to demonstrate the ability and precision of movements while performing transition and link.
- ✓ The parameter **Acrobatic Elements** is expressed by: difficulty level of acrobatic elements performed, execution technique, height and speed, dancer's flexibility and dynamics, smooth and fluid movements of arms and legs as well as precision in execution of technical elements.
- ✓ The parameter **Choreography** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music, elegance, accordance with musical piece, dancer's facial expression and focus, arms' movements; entry and exit, bow and general impression.

DUO/COUPLE:

- ✓ The parameter **Dance movement and Technique + Synchronism** is expressed by: execution of dance figures (difficulty level, precision, type of movements, balance, tempo and timing, use of space, dancers' posture and body control). Here is important to demonstrate the ability and precision of movements while performing transition and link; for duos, couples also for lift, partnership and collaboration.
- ✓ The parameter **Acrobatic Elements + Synchronism** is expressed by: difficulty level of acrobatic elements performed, execution technique, height and speed, dancers' flexibility and dynamics, smooth and fluid movements of arms and legs, speed and precision in execution of technical elements as well as dance movements and figures, similarity of figures and body movements of both dancers (legs, shoulders and upper body) and similarity of movements in all phases of an acrobatic element (preparation, execution and landing) performed simultaneously.
- ✓ The parameter **Choreography + Presentation** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music, elegance, accordance with musical piece, dancers' facial expressions and focus, arms' movements; entry and exit, bow and general impression.

SMALL GROUP/FORMATION/PRODUCTION

- ✓ The parameter **Dance movement and Technique + Synchronism** is expressed by: execution of dance figures (difficulty level, precision, type of movements, balance, tempo and timing, use of space, dancers' posture and body control). Here is important to demonstrate the ability and precision of movements while performing transition and link; for duos, couples also for lift, partnership and collaboration.
- ✓ The parameter **Acrobatic Elements + Synchronism** is expressed by: difficulty level of acrobatic elements performed, execution technique, height and speed, dancers' flexibility and dynamics, smooth and fluid movements of arms and legs, similarity of movements in all phases of an acrobatic element (preparation, execution and landing) performed simultaneously.
- ✓ The parameter **Choreography + Presentation** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music, dancers' costume and accessories, elegance, accordance with musical piece, dancers' facial expression and focus, arms' movements; entry and exit, bow and general impression.
- All dancers wearing vulgar and/or provocative costumes will be penalised. This rule applies to all categories with minor tolerance to the inferior ones.
- During Competition teachers, group leaders and team/club leaders **are strictly prohibited** to ask any explanations from the **Adjudicators**. All explanations, information or complaints may be discussed with the **Competition Director**, in accordance with the appropriate Competition Execution regulations.

ACRO DANCE SOLO (Male – Female)

- Acro Dance Solo is an individual presentation by either a male or a female dancer.
- In categories where there are less than three (3) dancers registered to perform female categories will be joined with male categories within the same age group, and vice versa, for example Mini Male --> Mini Female, Youth Male --> Youth Female etc.
- Duration of music pieces must be as follows:

Preliminaries – Semi-final - Final (Own Music)

- ✓ **MINI – YOUTH – JUNIOR – ADULT:** Track duration from 1':15" to 1':30"

EXECUTION OF COMPETITION

- Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively.
- Preliminaries, semi-finals and finals are held with only one (1) solo performing on a dance floor at a time.
- **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

CHARACTERISTICS AND MOVEMENTS

- The most important thing is the ability **to translate gymnastic**, acrobatic movements and tricks **to a dance movement** according to the choreography.
- **Fluidity** is the main character.
- The body must combine classical, traditional dance moves and acrobatics. Dance moves are really important (70%) and then moves from gymnastics (30%). **Dance part must be higher than gymnastic part.** The two styles have to be completely blended and the dancer has to be able to match the transition from dance moves to gymnastic moves.
- For acro dance we would like to see dance technique, interpretations, expressions and creativity of choreography. It will be an **art performance with gymnastics elements** so there will not have any guidelines where to write score of acro part.
- It is expected that dancers build their choreography focusing on execution of dance technique, acrobatic elements, choreography, presentation and gymnastic skills.
- In order to present their dance technique and choreography, each dancer is expected to use the whole available space.

EVALUATION

- ✓ **DANCE MOVEMENTS AND TECHNIQUE** From Three (3) to Thirty (30) points
- ✓ **ACROBATIC ELEMENT** From Two (2) to Twenty (20) points
- ✓ **CHOREOGRAPHY** From One (1) to Ten (10) points

PENALTIES

- ✓ **FALL** Five (5) points

ACRO DANCE COUPLE (Male and Female)

- Acro Dance Couple is composed of two (2) dancers where one (1) is a male and the other one is a female.
- If dancers represent mixed age categories (eg. one is Youth and the other one is Junior), the couple must participate in the older category.
- **Mini dancers are not allowed to partner up and dance with Youths**, Youth dancers may partner up with Juniors, Juniors may partner up with Youths or Adults and Adults may partner up with Juniors.
- Each dancer can participate in one or more Couple but in different age Category.
- Dancers may participate in several dance categories (eg. couples/duos etc).
- Duration of music pieces must be as follows:

Preliminaries – Semi-final - Final (Own Music)

- ✓ **MINI – YOUTH – JUNIOR – ADULT:** Track duration from 1':30" to 1':45"

EXECUTION OF COMPETITION

- Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively.
- Preliminaries, semi-finals and finals are held with only one (1) couple performing on a dance floor at time.
- **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

CHARACTERISTICS AND MOVEMENTS

- It is expected that dancers build their choreography focusing on synchronism and execution of dance technique, acrobatic elements, choreography, presentation and gymnastic skills.
- The most important thing is the ability **to translate gymnastic**, acrobatic movements and tricks **to a dance movement** according to the choreography.
- **Fluidity** is the main character.
- The body must combine classical, traditional dance moves and acrobatics. Dance moves are really important (70%) and then moves from gymnastics (30%). **Dance part must be higher than gymnastic part.** The two styles have to be completely blended and the dancer has to be able to match the transition from dance moves to gymnastic moves.
- For Acro Dance we would like to see dance technique, interpretations, expressions and creativity of choreography. It will be an **art performance with gymnastics elements** so there will not have any guidelines where to write score of acro part.
- It is expected that dancers build their choreography focusing on execution of dance technique, acrobatic elements, choreography, presentation and gymnastic skills.
- In order to present their dance technique and choreography, each couple is expected to use the whole available space.
- Supports and lifts are not considered acrobatic and gymnastic elements and can be performed. **In Mini category dancers are not allowed to execute lifts and supports where the centre of body mass of one of the partners is above the other partner's head. Any irregularity in this respect will result in the couple being classified in the last place.**

EVALUATION

- ✓ **DANCE MOVEMENT AND TECHNIQUE + SYNCHRONISM** **From Three (3) to Thirty (30) points**
- ✓ **ACROBATIC ELEMENTS + SYNCHRONISM** **From Two (2) to Twenty (20) points**
- ✓ **CHOREOGRAPHY + PRESENTATION** **From One (1) to Ten (10) points**

PENALTIES

- ✓ **FALL** **Five (5) points**

ACRO DANCE DUO (Both Males or Both Females)

- Acro Dance Duo is composed of two (2) dancers where both of them are males or both are females.
- If dancers represent mixed age categories (eg. one is Youth and the other one is Junior), the duo must participate in the older category.
- **Mini dancers are not allowed to partner up and dance with Youths**, Youth dancers may partner up with Juniors, Juniors may partner up with Youths or Adults and Adults may partner up with Juniors.
- Each dancer can participate in one or more Duo but in different age Category.
- Dancers may participate in several dance categories (eg. Duos/couples etc).
- Duration of music pieces must be as follow:

Preliminaries – Semi-final – Final (Own Music)

- ✓ **MINI – YOUTH – JUNIOR – ADULT:** Track duration from 1':30" to 1':45"

EXECUTION OF COMPETITION

- Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively.
- Preliminaries, semi-finals and finals are held with only one (1) duo performing on a dance floor at a time.
- **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

CHARACTERISTICS AND MOVEMENTS

- It is expected that dancers build their choreography focusing on synchronism and execution of dance technique, acrobatic elements, choreography, presentation and gymnastic skills.
- The most important thing is the ability **to translate gymnastic**, acrobatic movements and tricks **to a dance movement** according to the choreography.
- **Fluidity** is the main character.
- The body must combine classical, traditional dance moves and acrobatics. Dance moves are really important (70%) and then moves from gymnastics (30%). **Dance part must be higher than gymnastic part.** The two styles have to be completely blended and the dancer has to be able to match the transition from dance moves to gymnastic moves.
- For acro dance we would like to see dance technique, interpretations, expressions and creativity of choreography. It will be an **art performance with gymnastics elements** so there will not have any guidelines where to write score of acro part.
- It is expected that dancers build their choreography focusing on execution of dance technique, acrobatic elements, choreography, presentation and gymnastic skills.
- In order to present their dance technique and choreography, each couple is expected to use the whole available space.
- Supports and lifts are not considered acrobatic and gymnastic elements and can be performed. **In Mini category dancers are not allowed to execute lifts and supports where the centre of body mass of one of the partners is above the other partner's head. Any irregularity in this respect will result in the couple being classified in the last place.**

EVALUATION

- | | |
|---|---|
| ✓ DANCE MOVEMENT AND TECHNIQUE + SYNCHRONISM | From Three (3) to Thirty (30) points |
| ✓ ACROBATIC ELEMENTS + SYNCHRONISM | From Two (2) to Twenty (20) points |
| ✓ CHOREOGRAPHY + PRESENTATION | From One (1) to Ten (10) points |

PENALTIES

- ✓ **FALL** **Five (5) points**

ACRO DANCE SMALL GROUP

(Between three (3) and seven (7) dancers)

- Small Group is composed of a minimum number of **three (3)** and a maximum number of **seven (7)** dancers.
- Small Groups registered in Junior – Adult categories may include dancers from younger age groups. **Mini dancers are not allowed to partner up and dance with Youths.**
- In the age category Mini there can be one (1) dancer who is ten (10) years old.
- All clubs are allowed to nominate more than one (1) choreographed piece in same category, so long as with different dancers.
- One or more dancers may be nominated and perform both in small groups, formations production.
- **Dancers are allowed to be nominated and perform in two (2) or more small groups but only in different age division.**
- Duration of music pieces must be as follows:

Preliminaries, Semi-finals and Final (Own Music)

- ✓ **MINI – YOUTH – JUNIOR – ADULT:** Track duration from 2':00" to 2':30"

EXECUTION OF COMPETITION

- Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively.
- Preliminaries, semi-finals and finals are held with only one (1) small group performing on a dance floor at a time.
- **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

CHARACTERISTICS AND MOVEMENTS

- It is expected that dancers build their choreography focusing on synchronism and execution of dance technique, acrobatic elements, choreography, presentation and gymnastic skills.
- The most important thing is the ability **to translate gymnastic**, acrobatic movements and tricks **to a dance movement** according to the choreography.
- **Fluidity** is the main character.
- The body must combine classical, traditional dance moves and acrobatics. Dance moves are really important (70%) and then moves from gymnastics (30%). **Dance part must be higher than gymnastic part.** The two styles have to be completely blended and the dancer has to be able to match the transition from dance moves to gymnastic moves.
- For Acro Dance we would like to see dance technique, interpretations, expressions and creativity of choreography. It will be an **art performance with gymnastics elements** so there will not have any guidelines where to write score of acro part.
- It is expected that dancers build their choreography focusing on execution of dance technique, acrobatic elements, choreography, presentation and gymnastic skills.
- In order to present their dance technique and choreography, each dancer is expected to use the whole available space.
- In order to present their dance technique and choreography, each couple is expected to use the whole available space.
- Supports and lifts are not considered acrobatic and gymnastic elements and can be performed. **In Mini category dancers are not allowed to execute lifts and supports where the centre of body mass of one of the partners is above the other partner's head. Any irregularity in this respect will result in the couple being classified in the last place.**

EVALUATION

- ✓ **DANCE MOVEMENT AND TECHNIQUE + SYNCHRONISM** **From Three (3) to Thirty (30) points**
From Two (2) to Twenty (20) points
- ✓ **ACROBATIC ELEMENTS + SYNCHRONISM**
- ✓ **CHOREOGRAPHY + PRESENTATION** **From One (1) to Ten (10) points**

PENALTIES

- ✓ **FALL** **Five (5) points**



ACRO DANCE FORMATION

(Between eight (8) and twenty-four (24) dancers)

- ↘ Formation is composed of a minimum number of **eight (8)** and a maximum number of **twenty-four (24)** dancers.
- ↘ Formation registered in Junior – Adult categories may include dancers from younger age groups. **Mini dancers are not allowed to partner up and dance with Youths**
- ↘ In the age category Mini there can be one (1) dancer who is ten (10) years old.
- ↘ All clubs are allowed to nominate more than one (1) choreographed piece.
- ↘ One or more dancers may be nominated and perform both in small groups, formations production.
- ↘ **Dancers are allowed to be nominated and perform in two (2) or more formation but only in different age division.**
- ↘ Duration of music pieces must be as follows:

Preliminaries, Semi-finals and Final (Own Music)

- ✓ **MINI – YOUTH – JUNIOR – ADULT:** Track duration from 2':30" to 4':00"

EXECUTION OF COMPETITION

- ↘ Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively.
- ↘ Preliminaries, semi-finals and finals are held with only one (1) formation performing on a dance floor at a time.
- ↘ **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

CHARACTERISTICS AND MOVEMENTS

- ↘ It is expected that dancers build their choreography focusing on synchronism and execution of dance technique, acrobatic elements, choreography, presentation and gymnastic skills.
- ↘ The most important thing is the ability **to translate gymnastic**, acrobatic movements and tricks **to a dance movement** according to the choreography.
- ↘ **Fluidity** is the main character.
- ↘ The body must combine classical, traditional dance moves and acrobatics. Dance moves are really important (70%) and then moves from gymnastics (30%). **Dance part must be higher than gymnastic part.** The two styles have to be completely blended and the dancer has to be able to match the transition from dance moves to gymnastic moves.
- ↘ For Acro Dance we would like to see dance technique, interpretations, expressions and creativity of choreography. It will be an **art performance with gymnastics elements** so there will not have any guidelines where to write score of acro part.
- ↘ It is expected that dancers build their choreography focusing on execution of dance technique, acrobatic elements, choreography, presentation and gymnastic skills.
- ↘ In order to present their dance technique and choreography, each dancer is expected to use the whole available space.
- ↘ In order to present their dance technique and choreography, each couple is expected to use the whole available space.
- ↘ Supports and lifts are not considered acrobatic and gymnastic elements and can be performed. **In Mini category dancers are not allowed to execute lifts and supports where the centre of body mass of one of the partners is above the other partner's head. Any irregularity in this respect will result in the couple being classified in the last place.**

EVALUATION

- ✓ **DANCE MOVEMENTS AND TECHNIQUE + SYNCHRONISM** + From Three (3) to Thirty (30) points
- ✓ **ACROBATIC ELEMENTS + SYNCHRONISM** From Two (2) to Twenty (20) points
- ✓ **CHOREOGRAPHY + PRESENTATION** From One (1) to Ten (10) points

PENALTIES

- ✓ **FALL** Five (5) points



ACRO DANCE PRODUCTION

(More than twenty-four (24) dancers)

- ↘ Production is composed of more than **twenty-four (24)** dancers.
- ↘ Production registered in Junior – Adult categories may include dancers from younger age groups. **Mini dancers are not allowed to partner up and dance with Youths**
- ↘ In the age category Mini there can be one (1) dancer who is ten (10) years old.
- ↘ All clubs are allowed to nominate more than one (1) choreographed piece.
- ↘ One or more dancers may be nominated and perform both in small groups, formations and production.
- ↘ **Dancers are allowed to be nominated and perform in two (2) or more production but only in different age division.**
- ↘ Duration of music pieces must be as follows:

Preliminaries, Semi-finals and Final (Own Music)

- ✓ **MINI – YOUTH – JUNIOR – ADULT:** Track duration from 3':00" to 5':00"

EXECUTION OF COMPETITION

- ↘ Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively.
- ↘ Preliminaries, semi-finals and finals are held with only one (1) production performing on a dance floor at a time.
- ↘ **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

CHARACTERISTICS AND MOVEMENTS

- ↘ It is expected that dancers build their choreography focusing on synchronism and execution of dance technique, acrobatic elements, choreography, presentation and gymnastic skills.
- ↘ The most important thing is the ability **to translate gymnastic**, acrobatic movements and tricks **to a dance movement** according to the choreography.
- ↘ **Fluidity** is the main character.
- ↘ The body must combine classical, traditional dance moves and acrobatics. Dance moves are really important (70%) and then moves from gymnastics (30%). **Dance part must be higher than gymnastic part.** The two styles have to be completely blended and the dancer has to be able to match the transition from dance moves to gymnastic moves.
- ↘ For Acro Dance we would like to see dance technique, interpretations, expressions and creativity of choreography. It will be an **art performance with gymnastics elements** so there will not have any guidelines where to write score of acro part.
- ↘ It is expected that dancers build their choreography focusing on execution of dance technique, acrobatic elements, choreography, presentation and gymnastic skills.
- ↘ In order to present their dance technique and choreography, each dancer is expected to use the whole available space.
- ↘ In order to present their dance technique and choreography, each couple is expected to use the whole available space.
- ↘ Supports and lifts are not considered acrobatic and gymnastic elements and can be performed. **In Mini category dancers are not allowed to execute lifts and supports where the centre of body mass of one of the partners is above the other partner's head. Any irregularity in this respect will result in the couple being classified in the last place.**

EVALUATION

- ✓ **DANCE MOVEMENTS AND TECHNIQUE + SYNCHRONISM** + From Three (3) to Thirty (30) points
- ✓ **ACROBATIC ELEMENTS + SYNCHRONISM** From Two (2) to Twenty (20) points
- ✓ **CHOREOGRAPHY + PRESENTATION** From One (1) to Ten (10) points

PENALTIES

- ✓ **FALL** Five (5) points

