Gymnastic and Acrobatic Elements
To be used Technical Booklet Acrobatic Elements and as Safety Level Mini

THIS DOCUMENT HAS BEEN PREPARED IN THE INTEREST OF HEALTH AND SAFETY PURPOSES. FROM 01 TO 10 INCLUDED, GYMNASITIC ELEMENTS ARE ALLOWED TO BE EXECUTED BY DANCERS REGISTERED IN THE MINI AGE CATEGORY. ACROBATIC ELEMENTS 11 - 12 – 13 – 14 – 15 - 17 ARE NOT ALLOWED IN MINI CATEGORY. SAFETY LEVEL MINI IT APPLIES TO DISCIPLINES WHERE ACROBATIC AND GYMNASISTIC ELEMENTS ARE PERMITTED.
01

CARTWHEEL (Safety level Mini)

Variants of this element:

- Cartwheel on one hand
- Cartwheel starting from kneeling / sitting
- Cartwheel into kneeling / sitting / split
FORWARD ROLL (Safety level Mini)
03
BACKWARD ROLL (Safety level Mini)
BRIDGE (Safety level Mini)
HANDSTAND – held for a duration min. of 4 seconds (Safety level Mini)
PRESS HANDSTAND (Safety level Mini)
ROUND-OFF (Safety level Mini)
FORWARD WALKOVER (Safety level Mini)

Variants of this element:

- FORWARD WALKOVER landed on two feet
- FORWARD WALKOVER on one hand
- FORWARD WALKOVER with switch-leg
- FORWARD WALKOVER landed onto pointed feet into kneeling and finished in a split
BACKWARD WALKOVER (Safety level Mini)

Variants of this element:

• BACKWARD WALKOVER landed on two feet
• BACKWARD WALKOVER on one hand
• BACKWARD WALKOVER with switch-leg
• BACKWARD WALKOVER into cradle finished lying forward face down
• BACKWARD WALKOVER started in t-balance
• BACKWARD WALKOVER started from sit straight with one leg bent
HEAD SPRING – NECK SPRING – SHOULDER SPRING (Safety level Mini)
FRONT HANDSPRING

!!! MAKE ATTENTION!!!
NOT ALLOWED FOR MINI CATEGORY

Variants of this element:

- Front Handspring landed on two feet
- Front Handspring landed on one foot
- Front Handspring started from two feet and landed on two feet
BACK HANDSPRING/FLIC FLAC

!!! MAKE ATTENTION!!!
NOT ALLOWED FOR MINI CATEGORY
AERIAL CARTWHEEL

!!! MAKE ATTENTION!!!
NOT ALLOWED FOR MINI CATEGORY

Variants of this element:
• Aerial cartwheel with arms held wide to the side
• Aerial cartwheel with one hand holding one leg
• Aerial cartwheel with arms behind (‘no arms’)
• Aerial cartwheel with ¼ turn landed facing forward
• Aerial cartwheel landed on 2 feet (‘round – off with no arms’)

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AERIAL WALKOVER

!!! MAKE ATTENTION!!!

NOT ALLOWED FOR MINI CATEGORY
WHIP

!!! MAKE ATTENTION!!!

NOT ALLOWED FOR MINI CATEGORY
16

BACKWARD SOMERSAULT-BACK FLIP

!!! MAKE ATTENTION!!!
NOT ALLOWED FOR MINI CATEGORY
FORWARD SOMERSAULT-FRONT FLIP

!!! MAKE ATTENTION!!!
NOT ALLOWED FOR MINI CATEGORY
What should dancers, coaches and judges pay attention to:

- Run-up type and run-up distance /3 - 5 steps;
- Spring height, flight phase length;
- Fluidity and dynamic of movement;
- Quality of execution / clear and strong starting position, clear execution – flight phase, landing – finishing position, straight legs, pointed feet;
- Softness of execution (elements feeling light), combinations timing

Ideas for increasing the difficulty level and originality of the presentation:

- Combining two, three or more elements creating “acrobatic paths”
- Increasing the “quality” of each acrobatic element or the quality / variety of the linking movements
- Performing jumps from and to various starting / finishing positions
- Searching for original acrobatic elements and links between the acrobatic elements, e.g. modifications
- More frequent use of lifts (static and dynamic) - duets, mini formations, formations, shows.