



## Types of Elements

### Dynamic Skills

- Flight is the major characteristic
- Skills are performed:
  - From partner to partner
  - From the floor to the partner
  - From the partner to the floor
  - From the floor to the floor

### Balance Skills

- Partner skills that demonstrate:
  - Strength
  - Balance
  - Flexibility
- Must be held for 3 seconds



## Additional Information

The USA Gymnastics website has a variety of materials available to help you learn more about acrobatics and how to start a program in your gym. [www.usagym.org/acrobatic](http://www.usagym.org/acrobatic)

You are encouraged to contact a Growth and Development committee member to assist in getting materials to start your program.

**Region 1:** Alaska, Arizona, California, Hawaii, Idaho, Nevada, New Mexico, Oregon, Utah, Washington - [Rion Page acrodirector@iflipforceg.com](mailto:Rion Page acrodirector@iflipforceg.com) & [Rickey Montezuma rickymontezuma@gmail.com](mailto:Rickey Montezuma rickymontezuma@gmail.com)

**Region 3:** Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, Oklahoma, Texas - [Ashley Rosilier ashley@rosilier.com](mailto:Ashley Rosilier ashley@rosilier.com) & [Jennifer Stone jenniferstoneagsa@gmail.com](mailto:Jennifer Stone jenniferstoneagsa@gmail.com)

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### Acrobatic Gymnastics



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# Acrobatic Gymnastics

*An Introduction to Acro*

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## Event Categories

Acrobatics is competed in five different categories:

- Women's Pair
- Men's Pair
- Mixed Pair
- Women's Trio
- Mixed Trio
- Men's Quad
- Mixed Quad

## Competition Levels

There are a variety of avenues for competition in acrobatics:

- Pre-Team Program
- Development Program (Levels 1-10)
- International Levels (FIG)
- Xcel Blocks Program

## Why offer Acro at your club?

Here are some of the wonderful benefits that can be derived from an acrobatics program at your club:

- Quick and inexpensive to add an additional program to your gym
- Minimal equipment required
- Attracts new athletes
- Retains current athletes
- Provides more choices for students
- Offers more competitive outlets
- Captures additional revenue
- Adds fun activities for recreational classes
- Opportunities for college-bound gymnasts

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*“There are unlimited benefits to having Acrobatic Gymnastics in your club!”*

*- Yevgeny Marchenko*

*WOGA Gymnastics co-owner*

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## Who is acrobatic gymnastics for?

Acrobatic Gymnastics is fun for athletes of any age and athletic ability. Athletes of varying heights, weights, and body types can participate in acrobatic gymnastics. Smaller, more flexible athletes are needed as tops, while taller and stronger athletes are ideal for base positions.

Since so many athletes can participate in acro, it can be a great addition to a gymnastics club, dance studio, or recreational program.



## What is Acrobatic Gymnastics?

Acrobatic gymnastics is one of the six disciplines of USA Gymnastics:

- Competitive gymnastics discipline
- Partners work together to perform acrobatic skills
- Opportunities for both boys and girls
- Routines feature a combination of
  - Strength
  - Flexibility
  - Choreography
  - Tumbling
  - Balance

To paint a visual image of Acrobatic Gymnastics, or acro as it is commonly called, you could say it is a combination of artistic gymnastics, pairs figure skating, and Cirque du Soleil acrobatics and choreography. The competitors tell a story with their performances, while capturing audience attention with thrilling dynamic and graceful balance skills.