

VII. Freestyle Acrobatics National Rules

A. Introduction

1. Purpose and Goals of the Freestyle Acrobatics Program

- a. All Freestyle Acrobatic activities and events are held indoors in a controlled setting using the typical Gymnastics environment which may include the traditional six men's apparatus and the traditional four women's apparatus or any combination thereof. Athletes may also use the accompanying mats and mounting boards associated with traditional gymnastics equipment. Nontraditional gymnastics equipment (such as spotting blocks, stacked mats and adaptive equipment) may also be used so long as they are manufactured by an industry recognized company and in good repair.
- b. Athletes train and compete under the rules outlined in one of 5 skill levels which restrict both the difficulty of skills and limit equipment heights that athletes may use to navigate their runs.
- c. The Freestyle Acrobatics Program provides an objective means of evaluating freestyle acrobatic runs and jams in a competitive setting and is designed:
 - i. To assure the identification of the finest acrobat in any competition.
 - ii. To guide coaches and acrobats in the composition of competitive runs and jams as defined below.

2. AAU Freestyle Acrobatic Competitions include three types of contests

- a. Free Run:
 - i. The Free Run requires athletes to navigate through an established course using his / her talents to produce a continuous, fluid, efficient, original combination of movements from at least four of the nine Trick / Movement Families which are permitted in the rules defined by his / her skill level
 - ii. Free Run Courses vary from competition to competition but remain constant for each skill level during any given competition
 - iii. Free Run Courses are designed by the meet director and must adhere to all AAU Freestyle Acrobatic Rules
 - iv. Free Run Courses include various "Inclusion Spots" located along the run which the athlete must incorporate into his / her run
 - v. Athletes are judged on a scale of 100 points maximum. Points are combined from each of the following categories:
 1. Flow - 25 Points
 2. Style & Originality - 20 Points
 3. Variety - 20 Points
 4. Difficulty - 35 Points
 - vi. Free Runs have no minimum time but they may not exceed the time limits established for each skill level
- b. Speed Run:
 - i. The Speed Run requires athletes to navigate through an established course in an effort to produce the fastest time possible.

- ii. Speed Run Courses vary from competition to competition but remain constant for each skill level during any given competition
 - iii. Speed Run Courses are designed by the meet director and must adhere to all AAU Freestyle Acrobatic Rules
 - iv. Speed Run Courses have established beginning and ending launch spots and include various “Inclusion Spots” along the run with which the athlete must incorporate into his / her run
 - v. Athletes may receive Bonus Time Shavings (time deducted from the final time) for performing skills which demonstrate difficulty and by demonstrating originality, mastery or artistry
 - vi. Athletes will receive Time Penalties (time added to the final time) for performing skills incorrectly, for failing to complete the course and failing to utilize designated “Inclusion Spots” during his / her Speed Run
- c. Crew Jams (team competition)
- i. Crew Jams are team or group competitions in either of two divisions:
 1. Small Crew = 3 to 6
 2. Large Crew = 7 to 15
 - ii. Crew Jams are between 45 and 75 seconds long
 1. Levels 1 through 3 Jams are limited to 60 seconds in length
 2. Levels 4 & 5 Jams are limited to 90 seconds in length
3. All Runs and Jams may or may not be performed to prerecorded music so long as all copyright laws are honored during the broadcast of the selected music. Failure by the athlete(s) to work with music cannot be used as a penalty. Coordinating movements with the music can increase the points acquired in the style and flow categories.

B. Skill Level Program

1. Participant Rules

a. Skill Levels

- i. There are five levels of skill associated with AAU Freestyle Acrobatics (Levels 1 to 5) with Level 5 serving as the highest level of skill
- ii. The Athlete’s skill level is determined by his / her coach at the time of entry into an AAU Freestyle Acrobatics Competition
- iii. Each Athlete must demonstrate Mastery of the skills which he / she has selected for inclusion in his / her competition
- iv. Each Athlete must possess a level of physical fitness which is appropriate for the level of skill at which he / she is training and competing
- v. Each skill level includes rules and regulations developed to provide athletes with opportunities to compete with other athletes of the same skill level

b. Age Divisions

- i. The age an athlete will compete is determined by the athlete’s age on the first day of competition for the AAU Age Group National Championships.

- ii. Meet directors establish age divisions to group athletes with competitors of similar ages and skill levels. The suggested divisions are: ages 7 & younger, ages 8 & 9, ages 10 & 11, ages 12 & 13, ages 14 & 15, ages 16 to 18, and ages 19 and older.

2. Level 1 Rules

- a. Level 1 is the entry or beginning level of Freestyle Acrobatics
- b. All Ages may participate in this skill level
- c. Spotting: Spotters are not required at this level since no salto skills are permitted, however coaches may position themselves wherever they feel it is necessary to provide assistance should an athlete need any
- d. Restrictions
 - i. Skills
 - 1. Athletes at this skill level may not perform skills which include salto (flipping) skills, backhandspring skills, and giant swings
 - 2. Athletes at this skill level may not perform any head first entry skills involving momentum (no dive rolls)
 - 3. Skills used by athletes in Free Runs, Speed Runs and Crew Jams are limited to skills from the Level 1 skills difficulty category
 - ii. Equipment height is limited (see equipment rules for specifics)
 - iii. Free Runs are limited to 45 seconds maximum

3. Level 2 Rules

- a. Level 2 is the novice level of Freestyle Acrobatics
- b. All Ages may participate in this skill level
- c. Spotting
 - i. Coaches are required to be in a position which is suitable to provide assistance for any salto or giant swing skills that are performed
- d. Restrictions
 - i. Skills
 - 1. Athletes at this skill level may not perform any skills where flipping and spinning are combined
 - 2. Skills used by athletes in Free Runs, Speed Runs and Crew Jams are limited to skills from the Level 1 and Level 2 skills difficulty categories
 - ii. Equipment height is limited (see equipment rules for specifics)
 - iii. Free Runs are limited to 45 seconds maximum

4. Level 3 Rules

- a. Level 3 is the intermediate level of Freestyle Acrobatics
- b. Athletes must have reached their 10th birthday by the age determining date in order to be eligible to participate at this level
- c. Spotting
 - i. Coaches are required to be in a position which is suitable to provide assistance for any salto or giant swing skills that are performed

- ii. During the performance of any skill executed from a height greater than that of the athlete's chest Coaches must also place themselves in a position to provide assistance if necessary
 - d. Restrictions
 - i. Skills used by athletes in Free Runs, Speed Runs and Crew Jams are limited to skills from the Level 1, 2 & 3 skills difficulty categories
 - ii. Equipment height is limited (see equipment rules for specifics)
 - iii. Free Runs are limited to 60 seconds
5. **Level 4 Rules**
- a. Level 4 is an advanced level of Freestyle Acrobatics and requires a high level of fitness
 - b. Athletes must have reached their 12th birthday by the age determining date in order to be eligible to participate at this level
 - c. Spotting
 - i. Coaches are required to be in a position which is suitable to provide assistance for any skills which involve a combination of twisting and flipping
 - ii. During the performance of any skill executed from a height greater than that of the athlete's head Coaches must place themselves in a position to provide assistance if necessary
 - d. Restrictions
 - i. Skills used by athletes in Free Runs, Speed Runs and Crew Jams are limited to skills from the Level 1, 2, 3 & 4 skills difficulty categories
 - ii. Equipment height is limited (see equipment rules for specifics)
 - iii. Free Runs and Crew Jams are limited to 75 seconds
6. **Level 5 Rules**
- a. Level 5 is the highest and most advanced level of Freestyle Acrobatics and requires an extremely high level of fitness
 - b. Athletes must have reached their 14th birthday by the age determining date in order to be eligible to participate at this level
 - c. Spotting
 - i. Coaches are required to be in a position which is suitable to provide assistance for any skills which involve a combination of twisting and flipping skill and for any twisting skill above 360 degrees of rotation
 - ii. During the performance of any skill executed from a height greater than that of the athlete's head Coaches must place themselves in a position to provide assistance if necessary
 - d. Restrictions
 - i. Skills used by athletes in Free Runs, Speed Runs and Crew Jams may be selected from any of the 5 skill difficulty categories
 - ii. Equipment height is limited (see equipment rules for specifics)
 - iii. Free Runs are limited to 75 seconds

C. Equipment and Matting

1. Equipment

a. Traditional Gymnastics Equipment

The equipment used during AAU Freestyle acrobatics competitions and training is the same equipment used by Artistic Gymnasts for competitions and training. Acrobats may utilize the Floor Exercise, Vault Table, Balance Beams, Uneven Parallel Bars, Pommel Horse, Still Rings, Parallel Bars, and Horizontal Bar.

b. Non Traditional Gymnastics Equipment

Spotting blocks, shape mats, and other similar equipment which is manufactured by a company which supplies the gymnastics industry are also allowed.

2. Landing Surfaces and Matting

All landings are required to be performed onto a safe landing surface. Landings performed on the floor may finish on the floor. All landings performed from a surface which is between ground level and three (3) feet must land on a "Sting Mat." All landings performed between three (3) feet and five (5) feet must land on a 10 cm mat, and all landings performed from a height above five (5) feet and above must land on a 20 cm mat. In addition, each skill level has a maximum height from which the athletes may jump.

3. Equipment Height Restrictions

a. Level 1 and Level 2

The equipment height restrictions for a Level 1 run will be fixed at a height not to exceed the athlete's chest. If athletes choose to perform skills from the monkey trick group or the traditional gymnastics skills group which involve long hang swings the equipment must be set at a height which will not produce more than an 18 inch drop to the landing surface. All equipment used for Level 1 will be at its lowest setting. In the event the equipment setting exceeds the athlete's chest height (measured from the top of the athlete's sternum to the landing surface) the equipment will be marked with a brightly colored adhesive tape at the maximum for that athlete. Marked equipment may be utilized in the athlete's run but only to the height marked by the meet officials for each athlete

b. Level 3

The maximum equipment height for a Level 3 run is five feet. When performing long hang elements acrobats will be allowed to use the maximum heights on all hanging equipment but have the option to lower the equipment up to 2 settings (manufacturer defined settings) below the maximum height for which the equipment is designed.

c. Level 4 and Level 5

The maximum equipment height for a level 4 run is six (6) feet. All gymnastics equipment will be set at the maximum height for which the equipment is designed to be used. Equipment may not be lowered from its designed maximum height.

D. Attire

1. Athletes

During competitions and warm-ups all athletes must wear an appropriate AAU Freestyle Acrobatic uniform as described below or a traditional gymnastics uniform. Freestyle

Acrobatic Apparel can be acquired through Gym Crew Sports Apparel Company (www.gym-crew.com)

- a. Each athlete must wear a style and color uniform which matches the other members of their team
- b. Athletes must wear an acrobatic jersey or leotard (step-in) at all times while in the competitive arena
 - i. Jersey must be sleeveless (material may not extend beyond the shoulder)
 - ii. The team name must be plainly visible in the chest area of the jersey or leotard
 - iii. Jersey must not be worn so loose as to inhibit the athlete's safe performance of his or her runs
- c. Athletes must wear acrobatic shorts
 - i. Shorts may not extend beyond the kneecap
 - ii. Females may wear Capri's
 - iii. Shorts may not be worn so loose or so tight as to inhibit the athlete's safe performance of his or her runs
- d. Athletes have the option of wearing footwear or performing barefoot: socks, acrobatic or gymnastics shoes (footwear must be dedicated to this activity – not street shoes) may be worn if the athlete so chooses
- e. Athletes must wear only those logos, advertising and sponsorship identifiers that are permitted by AAU regulations
- f. Athletes must wear the correct athlete number on the back of his / her jersey when supplied by the competition organizers

4. Coaches, Judges and Meet Officials

- a. Closed toe shoes (no bare feet or sandals)
- b. Slacks, warm-up pants or hemmed shorts (no denim material or sewn on pockets)
- c. Shirts with collars (polo type)
- d. Coaches must be certain that their clothes do not restrict the ability to safely spot an athlete

E. Scoring System & Rules

1. Evaluation by the Judges

Judges must evaluate Free Runs and Jams using a combination of the objective and subjective criteria outlined in the rules below. In a typical Free Run or Jam competitive event two Judges will be assigned; one to evaluate trick difficulty values and trick families and the other judge awards performance qualities and deducts for rule infractions.

Judges must evaluate Speed Runs using a combination of objective (timing device) and subjective criteria outlined in the rules below. In a typical Speed Run competitive event two Judges will be assigned; one to oversee the timing device and to add time penalties for rules infractions while the other Judge awards "Time Shavings" for Difficulty and Trick Family performance and for Style, Flow and Variety.

It is highly recommended that all events have an official who is dedicated to controlling the timing device.

Each acrobat is expected to include in his / her run only tricks that he / she can perform with complete safety and with a high degree of aesthetic and technical mastery. Tricks which are performed in a manner which is unrecognizable will not be given a value and will receive deductions for performance. Tricks will not be recognized by the Judge if they deviate significantly from the prescribed execution. A trick will not be recognized or credited for reasons including, but not necessarily restricted to, the following:

- If a trick is performed beginning outside or ending outside of the Free or Speed Run areas
- If the athlete receives an amount of assistance which clearly provides more than 50% of the effort required by the athlete to complete the skill independently
- Judges have the authority to eliminate a skill from an athlete's Trick Sheet thereby prohibiting the athlete from performing the skill during competition and practice if the athlete clearly lacks ability to safely perform the skill. In such a case the coach of the athlete will receive an admonishment from the National FA Director and must provide a video tape demonstrating the successful performance of the skill two weeks prior to the next competition that the athlete wishes to include the skill in question on his / her Trick Sheet.

2. Free Run = Maximum of 100 Points

a. Criteria for Judging

i. Difficulty = 35 Points

1. Trick / Movement Families = 12 Points Max (3 points each)

With this objective evaluation category, the judge evaluates those required movement patterns which, in addition to the acrobat's personal inclinations and technical abilities, are intended to enhance the variety of movement in the construction of a run. Freestyle Acrobatics provides for nine Trick / Movement Families which are designated as I, II, III, IV, V, VI, VII, VIII, and IX. In his/her Free Runs, the acrobat must include at least one trick or movement from at least four of the nine Trick / Movement Families.

2. Difficulty Value = 23 Points Max

With this objective evaluation category, the judge awards difficulty points based on the actual skills performed by the athlete during his / her Free Run.

- a. Level 1 = All skills allowed in this level are awarded 5 points each
- b. Level 2 = 5 Points for each Level 2 difficulty performed, 3 Points for each Level 1 difficulty performed

- c. Level 3 = 5 Points for each Level 3 difficulty performed, 3 Points for each Level 2 difficulty performed, 1 Point for each Level 1 difficulty performed
 - d. Level 4 = 5 Points for each Level 4 difficulty performed, 3 Points for each Level 3 difficulty performed, 1 Point for each Level 2 and Level 1 difficulty performed
 - e. Level 5 = 5 Points for each Level 5 difficulty performed, 3 Points for each Level 4 difficulty performed, 1 Point for each Level 3, Level 2 and Level 1 difficulty performed
- ii. **Flow = 25 Points Max**
 With this subjective category the Judges award points based on the ability of the athlete to produce an exciting, seamless group of tricks and movements
- 1. Rhythm = 15 Points
 - 2. Dynamics = 15 Points
- iii. **Originality = 20 Points Max**
 With this subjective category the Judges award points based on unique and original connections and combinations of skills as well as the quality of the athlete's style while performing the run
- 1. Creativity = 10 Points
 - 2. Style = 10 Points
- iv. **Variety = 20 Points Max**
 With this subjective category the Judges award points based on the variety of trick selected, the use of equipment and "Inclusion Spots" while performing his / her run and the balance of trick families and difficulty performed
- 1. Variety of Trick Families = 10
 - 2. Balance = 10

3. Speed Run: Lowest time = Highest placing athlete

This aspect of Freestyle Acrobatics is far more objective than it is subjective. Athletes compete to determine who can most quickly move through the Speed Run Course while avoiding penalties and amassing "Time Shaving" awards for including difficult and unique skills and connections while interacting with predetermined "Inclusion Spots."

- Athletes start and finish their Speed Run at the same launch point.
- Athletes must interact with at least 75% of the pre-established "Inclusion Spots"

a. **Criteria For Judging**

- i. Athletes have a maximum of 30 seconds to complete his/her run
- ii. Time Shave Originality Bonus (TSOB) - up to 1 second
- iii. Time Shave Artistry Bonus (TSAB)– up to 1 second
- iv. Time Shave Mastery Bonus (TSMB) – up to 1 second
- v. Difficulty Time Shave Skill Bonus (TSSB) – up to 4.5 seconds

- a. Level 1 Athletes -.5 seconds for each Level 1 skill from each trick family (Max 4.5 seconds)
 - b. Level 2 Athletes - .5 seconds for each Level 1 or Level 2 skill from each trick family (Max 4.5 seconds)
 - c. Level 3 Athletes -.5 seconds for each Level 1 or Level 2 skill and 1.0 second for each Level 3 skill from each trick family (Max 4.5 seconds)
 - d. Level 4 Athletes - .5 seconds for each Level 1 or Level 2 or Level 3 skill from each trick family and 1.0 second for each Level 4 skill from each trick family (Max 4.5 seconds)
 - e. Level 5 Athletes - .5 seconds for each Level 1 or Level 2 or Level 3 and 1.0 seconds for each Level 4 or Level 5 skill from each trick family (Max 4.5 seconds)
 - f. In no case may an athlete count more than one “TSSB” from any one trick family
- vi. Penalties
- a. One second will be added to final time for each “Inclusion Spot” which has not been interacted with once the 30 second mark is achieved.
 - b. Two seconds will be added to the final time for any tricks that are not completed successfully
 - c. All sideways landing tricks must be immediately followed by an action designed to disperse the impact of the landing or the athlete will receive a two second penalty

4. Crew Jam Competitions

This form of competition can be viewed as Team Competition. Small Crews include 3 to 6 athletes from the same team. Large Crews include 7 to 15 athletes from the same team.

Crew Jams are evaluated using the same scoring system as Free Runs with the following changes

- The highest level of skill difficulty permitted in Crew Jams must be equal to or lower than the lowest skill level of skill division for which any crew member has entered in the competition
- Difficulty points are replaced with Choreography Points and are awarded for the entire Crew performance as a whole

Scoring System for Crew Jams:

- ii. 35 Points = Difficulty
- iii. 25 Points = Flow
- iv. 20 Points = Style
- v. 20 Points = Variety

F. Responsibilities and Rights of Participants

1. Athlete Rights

- a. To have his / her performance judged correctly, fairly, and in accordance with the rules of the AAU Freestyle Acrobatics Program
- b. To be provided with apparatus that meets with AAU specifications at all sanctioned AAU Competitions
- c. To be assisted by a coach or acrobat for the start of his / her run
- d. To have one or more spotter(s) present during the run
- e. To use chalk, to make adjustments to personal equipment, and to confer with his / her coach throughout the competition
- f. If needed, to wear properly fitting hand guards, and other reasonable and normal protective clothing
- g. To an easily heard signal from the judges 20 seconds before his / her run is required to begin
- h. To receive in writing a difficulty rating for a submitted new element within a reasonable time after it's submission
- i. To repeat his / her run if the run has been interrupted for reasons outside of his / her control
- j. To have his / her request that the equipment be adjusted upward or downwards to accommodate his / her height not be unreasonably denied so long as the equipment height regulations are not ignored
- k. To request of the Head Judge permission to briefly leave the competition hall for personal reasons and that such a request not be unreasonably denied
- l. To have his / her score publicly displayed immediately following his / her performance or in accordance with the specific regulations governing that competition

2. Athlete Responsibilities

- a. To perform within his / her level of proficiency, ability and preparation
- b. To know the Freestyle Acrobatics Program rules and conduct himself / herself accordingly
- c. To submit, or have his / her coach submit, a written request at least 7 days before a competition, to the Chair of AAU National Freestyle Acrobatics Rules Committee a request for an assessment of the difficulty of any element or skill which is not included in the online Freestyle Tricks Glossary
- d. To submit, or have his / her coach submit, a written request at least 24 hours before course training, to the Head Judge to raise the equipment to accommodate his / her height; or to submit such requests in accordance with the Technical Regulations that govern that competition
- e. To remain in the competitive arena during the entire competition

- f. To assure that his / her hand guards and other protective clothing are in good repair and do not detract from the aesthetics of the performance
- g. To refrain from speaking with active judges during the competition
- h. To refrain from changing the height of any apparatus on the courses without permission from a judge
- i. To refrain from delaying the competition, from remounting the course on completion of his / her run, and from otherwise abusing his / her rights or infringing on those of any other participant
- j. To refrain from any other undisciplined or abusive behavior (i.e. marking the floor carpet with chalk, damaging any apparatus surface or parts during its preparation for his / her run. These violations will be treated as apparatus related violations, and will be deducted as large errors with 5 points)
- k. To participate in all Award Ceremonies for which he / she is eligible

3. Coaches Rights

- a. To assist the acrobat or team under his / her care in submitting written requests related to the raising or lowering of apparatus and the rating of new tricks
- b. To assist the acrobat or team under his / her care during the warm up period
- c. To help the acrobat or team prepare the apparatus for competition
- d. To be present on the course during the acrobat's run
- e. To have his / her acrobat's score publicly displayed immediately following his / her performance or in accordance with the specific regulations governing that competition

4. Coaches Responsibilities

- a. To know the AAU Freestyle Acrobatics Program rules and to conduct himself / herself accordingly
- b. To submit the team competition order, the athlete trick sheet for each of his / her athletes, and any other information required in accordance with the Technical Regulations that govern that competition
- c. To refrain from changing the height of any apparatus without permission from the head judge
- d. To refrain from delaying the competition and from otherwise abusing his / her rights or infringing on those of any other participant
- e. To refrain from speaking to the acrobat or from verbally assisting him / her in any other way during his / her performance
- f. To refrain from engaging in discussions with active judges during the competition
- g. To refrain from any other undisciplined or abusive behavior
- h. To participate in all Award Ceremonies for which his / her athletes are eligible

5. Judges Rights

- a. To be accorded the respect, honor and consideration due a professional with such experience and credentials

- b. To file a written protest when and if actions are taken against him / her by the members of the Head Judge, Meet Director, Judging Coordinator or National Chair. Such issues will be governed by the AAU Freestyle Acrobatics National Executive Committee and the AAU Board of Review.

6. Judges Responsibilities

- a. To have possession of and a complete working knowledge of the AAU Freestyle Acrobatics Program, the Technical Regulations, and any other technical information necessary for him / her to carry out his duties in that competition
- b. To be in possession of the current and valid AAU Freestyle Acrobatics Judge's Certification necessary for the competition and level he / she is judging
- c. To be an expert in contemporary acrobatics and to understand the intent, purpose, interpretation, and application of each rule
- d. To evaluate each performance objectively, accurately, consistently, ethically, fairly, and quickly, and when in doubt, to give the benefit of that doubt to the acrobat
- e. To attend all scheduled instruction sessions and meetings of judges and to attend course training at official AAU Competitions
- f. To appear at competitions well prepared, rested, vigilant, and appropriately attired and at least one hour before the start of competition unless other instructions have been given
- g. To be competent to fulfill the various necessary mechanical duties, which include
 - Correctly completing required score sheets
 - Using any necessary computer or mechanical equipment
 - Facilitating the efficient running of the competition
 - Communicating effectively with other participants
- h. To remain in his / her assigned area and to refrain from having contact or discussions with acrobats and coaches
- i. To behave at all times in a professional manner consistent with the enhancement and development of the sport of freestyle acrobatics.

G. Competition Operations / Procedures / Etiquette

This section is meant to provide direction and a formula for hosting Freestyle Acrobatic Competitions. Please remember that this is a new discipline and we expect to discover small glitches and procedural issues which may present a challenge with presenting a flawless competition. The FA National Committee welcomes suggestions and comments aimed at providing an even better Competitive platform.

1. Standard Competition Operations

This design is for competitions with 60 athletes or less per session and using two separate courses which are able to be used simultaneously. Many gyms may not have the ability to offer this type of set up, so other formats will be developed to suit their needs as the popularity of Freestyle Acrobatics continues to grow.

- a. Prior to Competitions

- i. As with traditional Gymnastics competitions all events should be sanctioned through the AAU. All meet flyers must be approved by the national office at the point of registering your event sanction.
- ii. Placing athlete into Flights and Sessions
 - 1. Athlete should be grouped into Sessions of similar skill levels and age divisions whenever possible. Sessions should be limited to 60 Athletes per session.
 - 2. Athletes should be grouped from their Sessions into two Flights (Flight #1 competes their Free Run first, Flight #2 competes their Speed Run first) – these flights should be limited to a maximum of 30 athletes per flight
 - 3. Each of the two Flights should be sub divided into two Squads: Squad A and Squad B of roughly 15 athletes each Squad (this is done to be certain that there are not too many athletes at one time sharing the Course during warm-ups)
- b. Warm-ups for Standard Competitions (less than one hour total)
 - i. A 20 minute general stretch and warm up period should be provided prior to opening each of the two Courses for Open Jams
 - ii. Flight #1 moves to the Speed Run Course as Flight #2 moves to the Free Run Course
 - iii. Each “A” Squad will then be provided with at least 5 minutes of “Open Jam” time for the athletes to familiarize themselves with the courses and equipment and Inclusion Spots (usually large round brightly colored pieces of vinyl placed in areas that the athletes must include in their runs)while the “B” Squad members relax and prepare for their Open Jam
 - iv. Each “B” Squad will then be provided with at least 5 minutes of “Open Jam” time as above.
 - v. Each Flight then rotates to the remaining course and repeats the 5 minute “Open Jam” warm up in the same order
- c. Opening Ceremonies
- d. Competition Begins
 - i. Flight 1 Squad “A” moves to the Free Run Course as Flight 2 Squad “A” moves to the Speed Run Course and each begins competing with a “Bump 3” one touch warm up format (the first three athletes warm up for less than 30 seconds each)
 - ii. As the Athletes in the “A” squads finish their runs the “B” Squad athletes work themselves into the “Bump 3” one touch warm-up cycle and begin competing their runs as the rotation presents itself.
- e. Providing for a maximum of 75 seconds in a Free Run and a 45 second evaluation by the judge – 60 athletes can compete both their Free Run and their Speed Run within two hours time (not including awards)

2. Procedures during Competitions

- a. Judges

- i. Ideally Judges will need a table on a raised platform in order to view the entire Course
 - ii. Judges should be provided with an assistant to operated the timing devise
 - iii. Judges will need a Horn or Bell to communicate with athletes
 - 1. Judges will sound the horn or bell to warn athletes that they must begin within 20 seconds
 - 2. Judges (or Timers) will use the same devise to warn athletes about time limits:
 - a. One short blast or ring to warn that 10 seconds remain in the Run's time limit
 - b. Two short blasts or rings to warn that time has expired
- b. Coaches
 - i. Coaches must communicate with their athletes and be pre-positioned in the course to be able to assist their athletes when needed
 - ii. A single coach cannot be expected to cover the entire Free Run or Speed Run course so more than one coach is permitted.
 - iii. Coaches must provide the Difficulty Judge with each of their Athlete's "Trick Sheet" which lists each value trick and it's respective family prior to the beginning of each athletes run (see chart at end of trick glossary)
- c. Athletes
 - i. Athletes begin their Free Run following the signal from the judge by assuming a still position (minimum 3 full seconds) anywhere within the Free Run Course
 - ii. Athletes end their Free Run by executing the baseball umpire "Safe" sign thereby (extending both arms from crossed at the chest to fully extended to the sides in a swinging motion) signaling that his / her run has concluded
 - iii. Athletes begin their Speed Run at the start / finish line and follow the command: "Ready, Set, Go" issued by either the Judge or the Timer
 - iv. Athletes end their Speed Run after any part of their torso passes over the start / finish line
- d. Meet Organizers
 - i. Must provide equipment to broadcast athlete's music
 - ii. Must provide Judges with a means to record scores
 - iii. Must provide a means to display each athlete's scores in a reasonable time after his / her run
 - iv. Must provide a audible device (a bell, horn or buzzer which is loud enough to be heard in the arena) for each Course
 - v. Must provide a minimum of 15 "Inclusion Spots" for each course
 - vi. Must provide Athletes, Coaches and Spectators with results and awards in a timely fashion

H. Clinics, Judging Certification and upcoming Competitive Opportunities

1. Clinics

- a. National Freestyle Acrobatics Clinic will be held each year in association with the AAU Age Group National Championships
- b. Athlete and Coaches Clinics may be scheduled during the year in cooperation with the National Gymnastics Director
- c. Program Administrator and District Sport Directors may be scheduled during the year cooperation with the National Gymnastics Director

2. Judging Certification

- a. Women's Gymnastics Judges who are certified through the NAWGJA and are rated Level 6 or higher must pass the AAU Freestyle Acrobatic Judges Exam to become certified to judge Freestyle Acrobatics Competitions
- b. Men's Gymnastics Judges who are certified through the NGJA and are JO rated or higher must pass the AAU Freestyle Acrobatic Judges Exam to become certified to judge Freestyle Acrobatics Competitions
- c. Those who do not meet the above criteria must perform the following in order to become a certified FA Judge:
 1. Attend an AAU Freestyle Acrobatics Judging Course
 2. Practice (volunteer) judge 2 competitions under the supervision of a certified FA Judge
 3. Provide a letter of recommendation from a Certified FA Judge and two FA Coaches
 4. Pass the FA Judges Exam

3. 2012 Competitive Opportunities

- a. January 13 – 15, 2012: AAU Freestyle Acrobatics Invitational @ Walt Disney Land in California
- b. February 17 – 19, 2012: AAU Winter Nationals @ Spire Institute in Geneva, OH
- c. June 19 – 22, 2012: AAU Age Group National Championships @ Wisconsin Dells, Wisconsin.

A. Freestyle Acrobatics Tricks Glossary Categories

1. Traditional Gymnastics Tricks
2. Tumbling Tricks
3. Martial Arts Tricks
4. Exit Tricks
5. Kangaroo Tricks
6. Vault Tricks
7. Monkey Tricks
8. Break Dancing Tricks

Traditional Gymnastics Tricks

1.001.1 Balance- walking/running/standing on or across a small obstacle; demonstrates control of body; basics. **Level 1**

1.002.1 Cat Balance- the quadrupedal movement across any surface/obstacle like a cat; usually used to cross rails or thin walls. **Level 1**

1.003.4 Flag Stand- a version of the handstand but usually done on a pole and horizontally. **Level 4**

1.004.1 Handstand- supporting the body vertically upside down on just ones arms/hands. **Level 1**

1.005.2 Wall Climb- running up a wall and grabbing the top edge in order to climb atop the wall. **Level 2**

1.006.3 Wall Run- running perpendicular across a wall for distance or sometimes to overcome a gap or uneven terrain. **Level 3**

1.007.3 Wall Spin- similar to the palm spin only done vertically on a wall rather than horizontally. **Level 3**

1.008.3 Wall Back Flip- Running up a wall and pushing backwards off feet to complete a flip onto both feet. **Level 3**

Tumbling Tricks

2.001.1 Cartwheel- is carried out when one moves sideways (in the motion the wheel of a cart would follow) in a straight line keeping the back straight placing the hand of the same side on the ground followed by the other hand as the legs are passed over the body and then come down as the hands and body come up to standing. **Level 1**

2.002.1 Round off- is a move in gymnastics similar to a cartwheel. In a round-off, you land with your two feet together on the ground, facing the direction you arrived from. This is achieved by twisting the hands and shoulders as the hands are placed on the ground. The two hands are generally placed down one after the other, so that the first hand is twisted by 90 degrees and the second hand by almost 180 degrees from the direction of travel. **Level 1**

2.003.1 Front Handspring- A frontwards rotation, where the person plants both hands on the ground and "springs" off on to his feet. **Level 1**

2.004.1 Back Handspring- A backwards rotation, where the person plants both hands on the ground and "springs" off on to his feet. **Level 1**

2.005.2 Aerial- A cartwheel without hands. The Aerial is a trick in which the performer leans his upper body over his base foot, and kicks up his back leg while launching off of his base foot. As the body gains lift, the leg that kicks back transfers to the other side of the body, causing the body to rotate along the coronal plane, and to make way for the landing. The chest should face the ground just before launching and just before landing the Aerial. **Level 2**

2.006.2 Back Flip- Known as the most commercial of any other skill. While being seemingly difficult to the average person, the Backflip is actually very elementary. One thing about the Backflip is that there are a few variations of it; however, when using the term 'backflip', it is often assumed that it is a 'back tuck'. **Level 2**

2.007.3 Back Layout- A trick where the performer jumps up and rotates 360° backwards along the sagittal plane (or about the x-axis), before returning to his feet. What sets this apart from a regular backflip is the lack of a tuck. Instead of bringing the knees to the chest, the practitioner uses his back muscles to force the rotation while at the same time bringing his hips as high as possible to maintain height. **Level 3**

2.008.2 Front Flip- A trick where the performer jumps up and rotates 360° forwards along the sagittal plane (or about the x-axis), before returning to his feet. **Level 2**

2.009.2 Side Flip- A trick in which the performer jumps and rotates 360° about the z-axis over their shoulders before returning to their feet. **Level 2**

2.010.4 Arabian- A trick where the performer jumps up and rotates 180° forwards along the sagittal plane (or about the x-axis) as well as rotating 180° along the transverse plane(or about the y-axis), before returning to his feet. He should land facing the opposite direction from which he took off. **Level 4**

2.011.4 360 Flip- A trick where the performer jumps up and rotates 360° along the sagittal plane (or about the x-axis) as well as rotating 360° along the transverse plane(or about the y-axis), before returning to his feet. **Level 4**

2.012.3 Gainer Flip- a flip in either direction where the body travels in the opposite direction of the rotation of the flip; i.e. a backflip that travels forward. **Level 3**

2.013.4 Wall Flip- a backflip using the wall to aid in rotation; while facing the wall ones hands push off the wall while the body completes a backflip. **Level 4**

2.014.4 540 Back Flip- A trick where the performer jumps up and rotates 360° forwards along the sagittal plane (or about the x-axis) as well as rotating 540° along the transverse plane(or about the y-axis), before returning to his feet. **Level 4**

2.015.5 Double Flip- A trick where the performer flips two times in the air before landing on feet. **Level 5**

Martial Arts Tricks

3.001.1 360 Front Kick- The 360 front kick is essentially a tornado kick in which you swap the inside crescent for a front kick. This kick is slightly more difficult than a standard tornado kick because you have to make it appear that you have stopped your momentum while you execute the kick. Your momentum won't actually stop, but rather your stance will open up and the momentum will continue to travel through your lead/landing leg. **Level 1**

3.002.2 540- From a ready stance, the performer turns away from the target as if to perform an outside spin kick...instead, that action is faked, and the knee pulls upwards sharply as the performer jumps off his base leg. At this moment, a tornado kick is made ready; but instead of kicking it out like normal, the hips violently turn over and the kick is directed up and over in an arc-like fashion...leaving you to land on your kicking leg. **Level 2**

3.003.2 Backside 720- A 360 (one) spin with an outside kick such as a hook or outside crescent. The performer begins in a "backside" stance and uses a "pop" takeoff to begin the move. An additional 180 after kick (post landing) may be added to return to stance. **Level 2**

3.004.2 Butterfly Kick- A trick where the performer places his base foot further away from his body, before dipping his upper body down and back up in a "U" figuration. While he does this, his chest transfers from being over his back leg to being over his base leg. As the performer lifts his chest back upwards, he kicks up his back leg while launching off of his base foot. The combination of these actions should propel the performer into a flat spin. Once the back leg reaches the zenith of its kicking motion, the base leg is kicked upwards as well while the back leg drops back down. The trick terminates by landing on the foot of the back leg and returning to stance. The Butterfly Kick is a very sensitive trick; many things must be achieved to make it legit. While the performer is airborne the arms must be held out to the side. While kicking the base leg back, the chest must be facing forward while the navel is pointing downwards. There also must be a 180° flat spin while airborne. **Level 2**

3.005.3 Feilong- The Feilong is a trick in which a person jumps off of both feet, from a ready position, turns 360° while executing an outside spin kick to the target, then delivering an inside kick to the same target before landing on the ground. The definitive action of a Feilong is to perform two kicks in the specific arrangement of "outside to inside". The most popular arrangements are outside crescent to inside crescent, and outside crescent to front. **Level 3**

3.006.1 Pop 360- The Pop 360 Wheel Kick is a trick in which the performer jumps off of both feet, from a ready position, turns 360° while delivering an outside spin kick to the target before landing on the ground. **Level 1**

3.007.2 Pop 360 Gyro- The Pop 360 Gyro is a trick in which the performer jumps off of both feet, from a ready position, turns 360° while delivering an outside spin kick to the target, and continuing to spin an additional 180° before landing on the ground. **Level 2**

3.008.3 Pop 540- Taking off both legs from a ready position, the practitioner rotates 540° along the transverse plane while executing an inside crescent kick and landing on the kicking leg. This move is very similar to the regular 540, but with a "pop" setup instead of the "cheat" setup. **Level 3**

3.009.4 540 Gyro- The 540 Gyro is essentially a 540 tornado kick, followed by a 180° vertical spin before landing. Unlike the traditional 540, the gyro doesn't really allow you to land on your kicking leg in the same manner, and so landing on both legs or even the non-kicking leg is fair practice. **Level 4**

3.010.3 Backside 900- A 540 (one and one half) in air spin followed by an inward kick such as a roundhouse or inside crescent. The performer starts in "backside" stance and uses a "pop" takeoff to begin the move. An additional 180 may be added after the kick (post landing) to return to stance. **Level 3**

3.011.4 Kick the Moon- a back flip variation initiated by a kick. **Level 4**

Exit Tricks

4.001.1 Drop- any dismount from height off any piece of equipment. **Level 1**

4.002.1 Roll- the dispersing of mass and energy across the body and solid ground; a way of exiting a trick or drop. **Level 1**

Kangaroo Tricks

5.001.3 Cat Leap- jumping and/or leaping onto a wall/obstacle using ones hands and feet to catch support oneself. **Level 3**

5.002.3 Tic-Tac- a ricochet type trick where one bounces/runs off one object to get over another adjacent obstacle; usually done with a side to side motion. **Level 2**

5.003.2 Crane Leap- Jumping onto an obstacle using one foot on top and one foot down the obstacle to maintain support; usually done if one cannot get both feet on top of the obstacle. **Level 2**

5.004.1 Precision Jump- jumping onto a small object usually a rail or edge and maintaining balance and support. **Level 1**

5.005.3 Running Precision- running across numerous small objects (i.e. a series of rails, dividers etc.) while maintaining speed, balance and support. **Level 3**

5.006.1 Gap Jump- jumping across any gap; jump from one obstacle to the next with a drop off in between the two obstacles. **Level 1**

Vault Tricks

6.001.1 Squat on- beginner level type of vault where the legs are used for additional support to the arms in order to make it easier to clear the obstacle. **Level 1**

6.002.2 Dash Vault- a vault where ones feet/legs pass over the obstacle first as if attempting to sit directly on it then followed by the hands to push off the object. **Level 2**

6.003.5 Dash Bomb- a dash vault that continues into a front flip. **Level 5**

6.004.2 Kong Vault- A vault over an obstacle while using only the hands and the body remaining parallel to the ground; a long dive onto and over the obstacle. **Level 2**

6.005.3 Double Kong- like a regular Kong but adding another push with the arms to clear longer or multiple obstacles before landing on the ground. **Level 3**

6.006.1 Speed Vault- a running vault meant to maintain speed of approach throughout the trick. Usually used with one hand, the rest of the body remains relatively parallel to the obstacle in order to maintain horizontal trajectory. **Level 1**

6.007.3 Lazy Vault- Similar to the speed vault except one uses their legs in addition to their one hand to successfully surmount the obstacle. **Level 3**

6.008.3 Turn Vault- a vault where one approaches the obstacle forward plants his hands and as he goes over he turns his body so his back ends up facing the obstacle; similar approach as a Kong but here instead of scooping the feet through for the landing, he turns his body around his arms. **Level 3**

6.009.3 Kash Vault- a combination of a Kong vault and a Dash vault; one begins like a Kong then finishes like the Dash. **Level 3**

Monkey Tricks

7.001.1 Swing- A motion in which one literally swings their body back and forth to create momentum or to maintain momentum through the obstacle. **Level 1**

7.002.1 Pull Over- A motion used to move from a hanging position to a support position on top of the bar. Can be done with a swing or from a hang. **Level 1**

7.003.1 Underbar- A motion used from getting from a support position to a swinging/hanging position under the bar. **Level 1**

7.004.1 Cast- A support swinging motion used to push one's body away from the bar. **Level 1**

7.006.1 Cast off- A cast that pushes backward away from the bar and lands on the ground. **Level 1**

7.007.1 Back Hip circle- A support motion that flips/rolls backward around the bar and ends back in support position. **Level 1**

7.008.1 ½ turn- A swinging motion that changes the direction of the swing by letting go of the bar in the front of the swing with one hand and turns around. **Level 1**

7.008.2 Monkey throw- A swinging motion used to propel oneself forward off the bar, with no flip, either to another bar or to the ground. **Level 2**

7.009.2 Kip- A swinging motion used to move from a forward swing to a support position on top of the bar. **Level 2**

7.010.2 Back uprise- A swinging motion used to move from a backward swing to a support position. **Level 2**

7.011.2 Squat On- A cast that pushes high enough to place feet on the bar and stand up. **Level 2**

7.012.2 Cast over- A cast that pushes over the bar to land in front of the bar. **Level 2**

7.013.2 Free Hip circle- A support motion that flips/rolls backwards around the bar and ends pushing away from the bar. **Level 2**

7.014.3 Swing Vault- A dismounting motion that swings backwards high enough to pull over the bar and land on the other side. **Level 3**

7.015.3 One armed swings- A swing with only one hand holding the bar. **Level 3**

7.016.3 Fly Away- A dismounting motion that swings forward, lets go of the bar, and flips backward and lands on the ground. **Level 3**

7.017.3 Front Off- A dismounting motion that swings backward, lets go of the bar, and flips forward and lands on the ground. **Level 3**

7.018.4 Giant- A swinging trick that swings so big it goes over the bar and through a handstand. **Level 4**

7.019.5 Cast Back- A support motion that casts up and pushes off the bar to do a back flip and land on the ground. **Level 5**

7.020.5 Double fly away- A dismounting action that swings forward, lets go of the bar and flips backward twice before landing on the ground. **Level 5**

Break Dancing Tricks

Footwork- is a broad term for the moves that are done mainly on the ground. Most footwork is a product of an acrobat's imagination or creativity, and therefore is not named. Footwork is one of the main bases of style and one of the key aspects of break dancing.

8.001.1 Four step- is the basic sequence of breakdance footwork. The acrobat uses his arms to support his body above the floor while his legs walk around in a circle in four steps. **Level 1**

8.002.1 Six step- is the basic sequence of breakdance footwork. The acrobat uses his arms to support his body above the floor while his legs walk around in a circle in six steps. **Level 1**

Freezes

8.003.2 Platform: The part(s) of the body that touches the ground holds the rest of the Body in position. Examples of platforms are: hand, elbow, head, shoulder, back, belly, side, sometimes knee. A freeze could have multiple platforms: The platform of a Tri-pod Headstand would be 2 hands and a head. The platform of a Baby Freeze is also 2 hands and a head, but the body is horizontal rather than vertical as in a Headstand. **Level 2**

8.004.3 Stab: The act of stabbing the elbow up into the abs, hip, side, or back. Your hands are on the floor holding your body up horizontally off the ground. Your entire body is balanced on that elbow making your fore-arm the fulcrum and is your primary support. Stabs are not required for all freezes; however, it is basic and a foundational requirement to advance to a greater level of moves and freezes. **Level 2**

8.005.2 Bridge: You are lying down on your back, then with your hands (up by your head) and your feet (by your bottom) on the ground, you push your hips up until you are arched like a bridge facing upwards. From a handstand you could fall forwards into a bridge. **Level 1**

8.006.2 Beginner freeze: A basic freeze in which you are on your back, high on your shoulders, the hands are on the back waist, and elbows stabbed on the ground. **Level 2**

8.007.2 Baby freeze: A basic freeze where one hand is stabbed and the head and opposite hand are used for balance in a tripod position. While both legs are held in the air commonly with the opposite leg's knee of the balancing arm is placed on the balancing arm. **Level 2**

8.008.2 Headstand: A freeze while standing on the head, with or without hands on the floor for support. **Level 2**

8.009.2 Airbaby: A type of freeze with one knee resting on the corresponding elbow and both legs in the air. The knee that is resting on the elbow should be bent. **Level 2**

8.010.3 One-handed airbaby: An airbaby with only the hand of the arm supporting the knee on the ground. **Level 3**

8.011.3 Reverse airbaby: An Airbaby with all positions inverted. **Level 3**

8.012.3 Hanging airbaby: An Airbaby without the knee resting on the elbow. **Level 3**

8.013.3 Lotus airbaby; An Airbaby with the knees in a lotus/yoga position (The knee must be resting the elbow). **Level 3**

8.014.3 Airchair: A type of freeze in which the breaker stabs their elbow into their side/back and balances on it while keeping their legs and body in the air pointed towards the ceiling. **Level 3**

8.015.3 Double airchair: An Airchair with both arms stabbed at the side. (This move is very contortionist like). **Level 3**

8.015.3 Elbow airchair: A type of freeze in which the breaker holds their body up at the waist with either one or two hands and balances on only their elbows while their feet and head is in the air. **Level 3**

8.016.3 Sidechair: A freeze in which the breaker stabs one elbow into their side, like an airchair, and lifts his legs and body off the ground pointed towards the side. **Level 3**

8.017.3 Chair freeze: A type of freeze where the breaker balances with their elbow stabbed into their side and their head on the ground. They will then place one foot on the ground and cross the other leg over it. The other elbow can be used to balance or on the side of the body for viewing appeal. **Level 3**

8.018.3 Elbow chair: A type of freeze where the breaker balances with their hand holding onto their side while their head and supporting elbow touch the ground. They will then place one foot on the ground and cross the other leg over it. **Level 3**

8.019.3 Handglide freeze/Table-top: A type of freeze where the breaker balances on their stabbed arm and uses their free arm for support. **Level 3**

8.020.3 Turtle freeze: A type of freeze where the breaker stabs their elbow into each side of their abs and balances off the ground. **Level 3**

8.021.3 Shoulder freeze: A freeze where you are holding your body up using one shoulder, one hand, and the side of your head. The other arm lies behind you and is not used to balance. **Level 3**

8.022.3 Hong 10 freeze/Halo freeze: Similar to a chair freeze, but with your legs in the air. **Level 3**

8.23.3 Dead halo freeze: A halo freeze with your legs or feet are nearly touching the ground. **Level 3**

8.024.4 Planche/Jimmy Fingers: A position from gymnastics which involves both hands being on the ground, straight arms, and the rest of your body is held off the ground completely horizontally. A planche requires extreme strength and balance. **Level 4**

8.025.4 Elbow freeze: Breaker using one of his or her arm and elbow support the position. **Level 4**

8.026.4 Dead freeze: Any freeze done lying flat on your back or stomach without your legs or arms holding you up. Usually done after a power move or suicide. Your hands and legs can be in any formation but the typical Dead Freeze has the body flat and straight with the hands across the chest like a corpse in a coffin. **Level 4**

8.027.4 Air anchor: A freeze where the ball of your foot supports the weight of your body. Your hand is latched onto your ankle and elbow is stabbed into your back. (This move is very contortionist like). **Level 4**

8.028.4 Spider/Frog splash: A freeze where you start like in a push up position, but with your legs on and supported by your arms. This move can also be jumped onto. (This move is very contortionist like). **Level 4**

8.029.4 G-Kick: A kick with the legs and arm forming a G shape by reaching behind your back and grabbing the leg on the side of your arm on the ground. **Level 4**

8.030.4 Headhollow/Scorpio/Master Sausage A headstand where the body is leaned over in an extreme back arch with the heels almost touching the floor. **Level 4**

8.031.4 Hollowback: A freeze that involves leaning backwards from a handstand position in an extreme back arch. In a true hollowback, the legs are together. Imagine "The Bridge" Position (see above), however feet don't touch the ground. **Level 4**

8.032.4 Scorpion: A variant of Hollowback where one leg reaches back farther than the other resembling the tail of a scorpion. **Level 4**

8.033.4 Invert/Ponk: A variant of the hollowback that involves bending the legs forward instead of backwards. An inverted hollowback. **Level 4**

8.034.5 Lotus hollowback: A hollowback with the legs in a lotus/yoga position. **Level 5**

8.035.5 K-Kick: A kick with the legs and arm in a K shape. It is like a L-kick with the corresponding arm of the extended leg as the standing arm for the body to lean to that side, with the bent leg pointed up, and the free hand reaches either to its side or reaching downward almost touching the floor; its forms a leaning K. **Level 5**

8.036.5 L-kick/Aú Batido: A kick with the legs in an L shape, also seen in Capoeira. **Level 5**

8.037.5 Pike: A kick with both legs straight in the air and the free hand holding on to the feet. **Level 5**

8.038.5 Flag: A difficult freeze in which a one-hand handstand is maintained with both legs together leaning to one side...body resembles a flag. **Level 5**

Powermoves

A powermove is any type of move in break dancing which requires spinning and/or rotating in a way that can be done so in multiple rounds. All powermoves (or series of a type of powermove) can be connected in combos to form a "power combo".

Circles & Flares

8.039.2 Double leg circles: Swinging in a circular motion on hands with legs together. **Level 2**

8.040.3 King flares/Hopping flare: A flare that is done while hopping from hand to hand. **Level 3**

8.041.3 Crossed-legged flare: Much like twin-legged flare, but the legs are crossed. **Level 3**

8.042.4 Chair flare: A Flare starting and ending with an airchair position, much like king flares but with bent arms. **Level 4**

8.042.4 Double chair flare: A flare with both arms stabbed in the back creating a rotating double airchair. **Level 4**

8.043.4 Sandwich flare: A flare with both legs in a piked position. **Level 4**

8.044.4 Lotus flare: A flare with both legs crossed over each other in lotus/yoga position. **Level 4**

8.045.5 Thread flare: A flare that is done with by threading the legs with the free arm. **Level 5**

8.046.5 One-legged flare: A flare done with one leg over the breaker's head. **Level 5**

8.047.5 Airflare- An advanced power move starting from a 1990 or windmill or halo or headspin position. The acrobat goes into a handstand with his body diagonal to the ground and legs spread out into a V-shape. The legs are swung, like windmills/halos, in a circular motion. Using the momentum, the acrobat switches from arm to arm as the body rotates in the air. The most difficult part of this move is the switching of the arms (while in the air) while the back of the acrobat is facing the ground (the circular leg swing is most important in a hand transfer). It is recommended that this move is tried on mats with a supervisor. **Level 5**

8.048.5 Piked Airflare: Airflare with the legs straight together, instead of V-shape. **Level 5**

8.049.5 Munch Airflare: Airflare with the legs tucking in and kicking out, creating a "munch" motion. **Level 5**

8.049.5 Lotus Airflare: Airflare done with the legs crossed over one another, in the lotus yoga position. **Level 5**

8.050.5 One legged Airflare: Airflare with one the legs sticking out while the other leg is bent in, looking like an L-shape. Sometimes it is done with the bent leg tucked into the shirt of the acrobat. **Level 5**

8.051.5 One handed Airflare: Airflare using one arm. One handed airflares are typically performed two different ways: one is when the body is completely vertical, which is easier, or performed with the body in a natural airflare position, which is more difficult and are occasionally called "real one-handed airflares". These can also be done on the shoulder or the elbow. **Level 5**

8.052.5 Elbow Airflare: Airflare with elbows. **Level 5**

8.053.5 Forearm Airflare: Airflare with forearms. **Level 5**

8.054.5 Wrist Airflare: Airflare with wrists. **Level 5**

8.055.5 Airflare 1.5: instead of landing on your hands after doing one rotation of an airflare/airtrack, you keep your body rotating one half extra turn and land onto your back without the use of your hands. This is considered one of the most difficult and most dangerous of the airflare/airtrack moves. There are commonly performed on the elbow. **Level 5**

8.056.5 Shoulder Airflare/Caveman: Airflare with shoulders. **Level 5**

8.057.3 Swipe: A power move where the acrobat starts with his hands and feet on the ground and rotates his upper body to build the momentum to rotate his lower body. Swipes are commonly used to transition between footwork and power moves. **Level 3**

8.058.3 Master swipe: A swipe in which only one foot touches the ground at a time. **Level 3**

Windmills

8.059.3 Windmill/Mill: A move/technique (considered a fundamental power move) in which the breaker kicks the opposite leg from the direction he/she is spinning to gain the momentum to rotate herself around onto her back and back onto her front. For the basic version, the legs are maintained spread apart like the sails/blades of a windmill. **Level 3**

8.060.3 Superman mills: Windmills using the hands so that the body does not touch the ground. **Level 3**

8.061.3 Bellymills: Windmills where the arms are stretched out while the torso rotates on the chest/stomach. **Level 3**

8.062.3 Criticals: The first full 360 degree rotation movement is done from a turtle or crab position. It requires a pushing motion and whipping both legs similar to a windmill but fully rotating in the air landing back into a turtle or crab position. **Level 3**

8.063.3 Critical Two's: A variant of criticals that is from the swipe position landing nonstop into footwork or windmills or freezes. **Level 3**

8.064.3 Forearm mills: Windmills performed by landing back on forearms when continuing the next spin. **Level 3**

8.065.3 Windmill critical: A variant where in freeze position during a windmill like Airflare 1.5 you push yourself off the ground and spin in the air back into a windmill. **Level 3**

8.065.4 Airplane mills/Highrisers/Highrises: A windmill but your arms high as possible and spread out. **Level 4**

8.066.4 Babymills/Cork screws/Munchmills: Windmills performed with tucked legs. **Level 4**

8.067.4 Germanmills/Tappingmills/Webs: Windmills performed with one leg tucked on top of the other leg, the lower leg taps the ground while the upper torso rolls over similar to munchmills/babymills. The tap leg should be the opposite of the direction the windmill is rotating. **Level 4**

8.068.4 Tombstone mills/Frankensteins: Windmills performed with piked legs. **Level 4**

8.069.4 Handcuffs: Windmills performed with your hands behind your back imitating being handcuffed. Must be performed high up on ones back to avoid injury. **Level 4**

8.070.5 Mummies: You do a windmill, but cross your arms over your chest. **Level 5**

8.071.5 Nutcracker: A windmill with your hands on your groin area. **Level 5**

8.072.5 Eggbeater: A windmill with hands to your thighs. **Level 5**

8.073.5 Barrel: A windmill where your arms make a circle as if you are hugging a barrel. **Level 5**

8.074.5 Confusions: A windmill with your hands on your ears or the side of your head. **Level 5**

8.075.5 Lotus mills: Windmills done with the legs crossed over one another, in the lotus yoga position. **Level 5**

8.076.5 Frankenstein mills: Windmills with your hands in the air almost touching your toes like Frankenstein. **Level 5**

8.077.5 Threading mills: Threading while doing windmills. **Level 5**

8.078.5 Halos: Similar to windmills, the only difference is the back roll on the ground but supported by arms while rotating, thus causing this move to also spin on the side of head, like a halo. **Level 5**

8.79.5 One-handed halo: Halos done on one hand. **Level 5**

8.080.5 Double halo: Doing two consecutive halos without touching your hands on the floor after one full rotation. **Level 5**

8.081.5 Shoulder halo: Halos done with the shoulders. **Level 5**

8.082.5 Threading halo: Threading while doing Halos. **Level 5**

8.083.5 Multiple halos: Doing more than two spins while doing Halos. **Level 5**

8.084.5 Toe Touch halo: Doing Halos while touching your feet before landing a spin. **Level 5**

Backspins

8.085.2 Backspin: One of the first spinning and famous power moves ever made. A move which has the breaker balled up and spinning on his or her back. **Level 2**

8.085.2 Sidespin: Sometimes done after a windmill, the side spin is balled up like the back spin except the breaker is rotating on his or her side. **Level 2**

8.086.3 Shoulder spin: Sometimes done after a windmill, but going higher to reach the shoulder then spinning. **Level 3**

Headspins

8.087.4 Headspins: A continuous spin done while balancing only on the head, the legs can vary indefinitely. **Level 4**

8.088.4 Hurricanes: A headspin done with both arms around the head. **Level 4**

8.089.4 HeadSlide/Gromeks: A combination of a headspin and a head slide where the acrobat rotates around using a headspin/halo technique whilst sliding forward upon his forehead. Usually achieving between .5 and 1.5 rotations and catching it in another head move. **Level 4**

8.090.4 Head Slide:* Pushing off with your feet while your head on the ground and sliding forward. **Level 4**

8.091.5 Running Head Slide:* Gaining momentum by sprinting and leaning your head towards the floor with your hands by your head. When your head touches the floor, kick your legs up and lift your arms so that you are only sliding on your head. To avoid injury, make sure your hands hit the floor before your head when sprinting and also wear a beanie. **Level 5**

8.092.5 1990/90: A spinning one-handed handstand. **Level 5**

8.093.5 Deadman 90's: Similar to the 1990, the Deadman 1990 is done without alternating between hands before the spin. The acrobat spins on the same hand he initially places onto the ground, making the deadman 90 easier to balance but harder to create momentum. **Level 5**

8.094.3 2990's: A 1990 that is executed by pushing up while in a headspin. **Level 3**

8.095.5 2000/00s/Thousands: A 1990 with the spare hand on the wrist of your supporting hand. **Level 5**

8.096.5 3000's: A 2000 that is executed by pushing up while in a headspin. **Level 5**

Spins

8.097.3 Knee Spin: Spinning on a knee or both knees, in any direction. **Level 2**

8.098.3 Airbaby Spin: Spinning while in an airbaby. **Level 3**

8.099.3 Airchair Spin: Spinning while in an airchair. **Level 3**

8.100.3 Forearm Spin: A spin on the forearm. **Level 3**

8.101.3 Elbow Spin: A spin on the elbow. **Level 3**

8.102.3 Head Glide/Donut/Icy Ice: A spin performed after windmill where your hand is planted in your side and head drags on the ground and spins around your hand. **Level 3**

8.104.3 Slush/Elbow Spin: A spin performed on the tip of the elbow. **Level 4**

8.105.4 Reverse-Slush/Counterclockwise Elbow spin: A spin performed on forearm or elbow. This move rotates counterclockwise if you are right-handed. **Level 4**

8.106.5 Gatling Gun: A powermove where you are in a handstand, swinging your legs around you in a circular motion kicking about. **Level 5**

8.107.5 Spinning flag/Flag spin/Rivers 1990: A variation of 1990. An acrobat rotates on his hand, but his body is doing a flag freeze. **Level 5**

8.108.5 Hollow 2000/Rivers 2000: A variation of 2000. Similar to the spinning flag, except using 2 hands. **Level 5**

Handglides

8.109.3 Handglide spin/Handspin: A move that involves spinning around in a circular motion, using one hand to push and propel you while the other hand is positioned in the side pocket of the abdominal section supporting your weight balancing your body from not touching the floor. **Level 3**

8.110.3 Straight leg Handglide: A move that involves spinning around with the legs closed like a planche but supporting one's weight by positioning your elbow in the side pocket of abdominal section supporting one's weight with elbow and wrist strength. **Level 5**

8.111.5 Sidechair spin: Spinning while in a side chair. **Level 5**

8.112.5 Airchair spin: Spinning while in an airchair. **Level 5**

Floats and Turtles

Both hands are walking in a circular motion and balancing the body straight and with control.

- 8.113.3 Turtle:** A move that involves positioning both elbows in the kidney pockets on the side of the body and both hands walk in a circular motion balanced. Each hand distributes the weight of the person in an alternating action. The more advanced the more control this comes with strength. **Level 3**
- 8.114.3 Cricket:** A move that involves hopping around in a circular motion while in the handglide position but hopping. Hands pump off of the floor one after the other. **Level 3**
- 8.115.3 Hydro:** Crickets pushing with both hands at the same time. **Level 3**
- 8.116.3 Jackhammer:** Crickets on one hand pumping off the floor balancing body with one elbow in the side of abdominal section hard for control to be a float but can be done. **Level 3**
- 8.117.3 Lotus jackhammer:** A jackhammer done with the legs in a lotus/yoga position. **Level 3**
- 8.118.4 Super jackhammer:** Jumping really high while doing a jackhammer. **Level 4**
- 8.119.4 Darkhammer:** A move where you hop from one side to the other with elbows in side of abdominal section hand to hand with balance. **Level 4**
- 8.120.4 Hopping turtles/Scratching turtles:** A variation of dark hammers that involves putting you elbow in the pocket of the abdominal side and hop on one hand at a time while the other reaches out in front of you. Tapping you opponent on his foot was the first version. **Level 4**
- 8.121.4 UFO** A power move and (air move) combined the 1st version is an unsupported float but with the legs drawn in to pick up speed and the momentum spinning around on your hands with the illusion of a space ship. **Level 4**
- 8.122.5 Boomerangs:** A power move done by spinning on your hands with your legs spread open. **Level 5**
- 8.123.5 Inside boomerangs:** Hands down in front of you supporting you and propelling you in a circle. **Level 5**
- 8.124.5 Outside boomerangs:** Hands down behind of you supporting you and propelling you in a circle. **Level 5**
- 8.125.5 Gorillas:** A power move that involves spinning around in a circular motion, using your body position in a tucked planche and you spin with your hands. It's a bit similar to the U.F.O. but instead of your legs going around, your whole body goes around. **Level 5**
- 8.126.5 Buddhas:** A power move walking/spinning around while arms are the holding the body up from behind and legs are in the tucked planche position. **Level 5**
- 8.127.5 Gremlin spins:** A power move where you spin on only one hand down on the floor carrying body in a position with the knees bent. Can be done between and after flares. **Level 5**

Handhops/Elbow hops/Other hops

Commonly known as handhops or Rabbits, a hand hop is done in a two-handed or one-handed handstand. Legs will kick causing the hand or hands on the floor to hop. This is also done on elbows and other body parts using the same motion of kicking to "hop" you off the ground.

8.128.5 Basic handhops/One-handed Rabbits: Hopping on one hand, pumping your legs up together. **Level 3**

8.129.3 Scissor hops: Hopping while kicking your legs back and forth. **Level 3**

8.130.3 Threading handhops: Threading while hopping. **Level 3**

8.131.3 Lotus handhops/Yoga hops: Hopping while Legs are in the Lotus position. **Level 3**

8.132.3 Hand hop pikes/Pike hops: Hand hopping while piked. **Level 3**

8.133.4 Bicycle hops: Rapidly kicking (or Bicycling) your legs multiple times in between hops. **Level 4**

8.134.4 Super hops: Hopping and bending your elbow up while in the air to hop as high as possible. **Level 4**

8.135.5 Pretzel hops: Hopping with one leg behind your head. **Level 5**

8.136.5 Clap hops: Hopping and clapping your hand while in midair. **Level 5**

8.137.5 Wrist hops: Hopping on your wrist. Acrobat Jun is famous for this move. *Note: Most One handed hand hops can be done on the elbow.* **Level 5**

Other Hops

8.138.4 Airchair hops/Sidechair hops: The acrobat is in an airchair or side chair freeze position and kicks up continuously, thus hopping on one hand. **Level 4**

8.139.4 Head hops: Hopping on your head. **Level 4**

8.140.5 Shoulder hops: the Acrobat is in a shoulder freeze position and kicks up, thus hopping on the shoulder. **Level 5**

Blowups/Rollbacks

8.140.3 Rollback Handstand: The acrobat starts off on his back or sitting down and rolls back to a handstand. This move is common to start a 1990 or a 2000. **Level 3**

8.141.3 Rollback Pike/Nike: Similar to a rollback handstand but usually done with one arm into a pike or a nike. **Level 3**

8.142.4 Rollback Airchair: An acrobat starts off on his back or sitting down and rolls back to an airchair. **Level 4**

8.143.4 Elbow Rollback: An acrobat starts off on his back or sitting down and rolls back on to his forearm freezing him in the air. **Level 4**

8.144.5 Rollback 2000: An acrobat starts off on his back, rolls, than goes into handstand position. Sudden twist of the body creates momentum and allows the acrobat to perform 2000. **Level 5**

Drops

8.145.4 Drop Airchair: Usually starting from a handstand move and dropping into an airchair. **Level 4**

8.146.3 Drop Elbow/Forearm: Usually starting from a handstand move and dropping onto the elbow or forearm. **Level 3**

8.147.5 Head Drop: Dropping onto the head from another move. **Level 5**

8.148.5 Shoulder Drop: Dropping onto the shoulder from another move. **Level 5**

AAU Freestyle Acrobatics

2011 - 2012 Athlete Trick List

Athlete Name:		
Athlete #:		
Team Name:		
Athlete Level:		
Course:		
Category	Trick #	Value
1		
2		
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I certify that this athlete is capable of safely performing the skills listed above.		
Coach Signature:		Date:
I certify that I am capable of safely performing the skills listed above.		
Athlete Signature:		Date: