

ACROBATIC SCHOLARSHIP GUIDELINES

REVISED MARCH 2025

PHASE I - BALANCE AND CONTROL MOVEMENTS

The contestant will hold a Balance / Controlled movement for 15 seconds.

(A stopwatch will be used.) **Hand placement cannot change.**

PHASE II - FLEXIBILITY (degree of flexibility affects level of difficulty)

The contestant will hold a flexibility movement for 15 seconds.

(A stopwatch will be used.)

PHASE III - FRONT OR SIDE MOVING SKILLS WITH ONE OR TWO HANDS ON THE FLOOR

Must execute the same skill with the option of up to three variations. **No flying tricks or skills in this section (including aeriels and handsprings).** *Twisting, reverse, or variation raises the level of difficulty.*

PHASE IV - BACK OR SIDE MOVING SKILLS WITH ONE OR TWO HANDS ON THE FLOOR

Must execute the same skill with the option of up to three variations. **No flying tricks or skills in this section (including aeriels and handsprings).** *Twisting, reverse or variation raises the level of difficulty.*

PHASE V - CONTESTANT'S CHOICE - AERIAL SKILLS ALLOWED

You **may (not required)** use transitional dance movements into each skill.

NOTE: Skills may be front, side and/or back. This phase is designed to be an opportunity to show the judges additional skills. Contestants will have up to a max of 30 seconds. (A stopwatch will be used.)

Supplemental Acro Information Sheet

Note:

Phases 3 & 4 – Dancers should perform the same type of skill. For example: Limbers should not be mixed with arabians, walkovers, or tinsikas. Skills that combine multiple types of landings should be demonstrated in Phase 5. Please refer to the DMA Acro Manual for variations of same skill set.