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 skill that demonstrates
  - Strength
  - Balance
  - Flexibility
- Must be held for 3 seconds

Resources

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/acro](http://www.usagym.org/acro)

You can welcome to contact a Growth and Development committee member to assist in getting you materials to start your program.

Region 1: Alaska, Arizona, California, Hawaii, Idaho, Nevada, New Mexico, Oregon, Utah, Washington - Dylan Maurer
  dmninja@gmail.com

Region 3: Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, Oklahoma, Texas -
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Region 4: Colorado, Iowa, Kansas, Minnesota, Missouri, Montana, Nebraska, North Dakota, South Dakota, Wisconsin, Wyoming - Marcia DeGuire mdeguire@charter.net

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Acrobatic Gymnastics

An Introduction to Acro

Acrobatic Gymnastics

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Event Categories

Acrobatics is competed in five different categories:

- Women’s Pair
- Men’s Pair
- Mixed Pair
- Women’s Group (3 athletes)
- Men’s Group (4 athletes)

Competition Levels

There are a variety of avenues for competition in acrobatics:

- PreTeam Program
- Junior Olympic (Levels 1-10)
- International Level (FIG)
- 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

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

- Yevgeny Marchenko
  WOGA Gymnastics co-owner

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 the audience’s attention with thrilling dynamic and graceful balance skills.