ACRO GYMNASTICS CLUB

ASSESSMENT

UNEVEN BARS

- **Pull-ups** with feet on the block (10 reps - legs are straight, chin is going over the bar; body positioned at a 45 degree angle);
- **Jump to front support, push the bar, land back on the block** (3 reps - bar's height is at the lower chest's level, while in front support belly is not touching the bar, body weight on both arms);
- **Pull-up and over** using a block (chin is going over the bar first, feet are kicked towards the head, finish in front support, straight body position);
- **Front roll** (from front support position on the bar, controlled movement during the exercise);
- **Knees-up hold 10"** (from hanging position on the HB, knees are coming close to the chest, legs together, toes pointed);
- **Sideway walk** (minimum 3 laps - in hanging position on the HB, straight body position, body is not swinging, legs together, toes are pointed);
- **Jump to the HB from the block, landing onto two feet on the floor** (arms are straight while grabbing the bar, landing is controlled, no falling).

VAULT

- **Knees-up running** (knees above horizontal, toes pointed, continuous arm movement);
- **Heels-up running** (heels are going high back, toes pointed, continuous arm movement);
- **Sprint running** (proper running, continuous acceleration);
- **Correct bounce** on the spring board;
- **Straight jump** (from standing - straight body position during the jump, correct starting position, landing and finish of the jump);
- **Tuck jump** (from standing - knees over the horizontal during the jump, correct starting position, landing and finish of the jump);
- **Star jump** (from standing - straight legs during the jump, correct starting position, landing and finish of the jump)

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BALANCE BEAM

- **Mount** (while in front support on the BB feet are not touching the ground, leg is moving over the beam without touching it, straight arms and legs, toes pointes);
- **Forward walk** (good balance, toes pointed, straight legs);
- **Backward walk** (good balance, toes pointed, straight legs);
- **Passé** hold 5" (support leg is straight, bent knee above horizontal, toe pointed, good balance);
- **Arabesque** hold 5" (both legs are straight, back is straight, toe pointed, good balance);
- **Tippy Toes** hold 5" (both legs are straight, heels are locked);
- **Dismount** (Straight/Tuck/Star jump, proper starting position, correct body position during the jump, proper landing and finish of the jump).

FLOOR EXERCISE

- **Forward roll** (feet are together, no hands used while standing up);
- **Backward roll** (feet are together, hands are fully placed on the ground, knees are not touching the ground);
- **Handstand** (correct starting position, kick and lunge, body is straight during the handstand, ending lunge position);
- **Cartwheel** (correct starting position, kick and lunge, body is straight with legs wide apart during the cartwheel, ending lunge position);
- **Bridge** (legs and arms are straight, feet together);
- **Forward Split** (legs are straight, hips not turned to the side, toes are pointed back is straight);
- **Box Split** (legs are straight, hips not turned to the side, toes are pointed, back is straight).

STRENGTH EXERCISES

- **Sit-ups** (10 reps);
- **Arches** (10 reps);
- **Squats** (10 reps);
- **Toe raises** (10 reps);
- **Front and back support hold** on the floor bar (10");
- **Incline push-ups** with a block (5 reps);

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