



JumpSTART Acro Competition

The 2024 updates were to correct grammar or editing only. No changes have been made to the routines.

Eligibility:

- This program is for recreational membership only
- Minimum age for all disciplines is 6 year in year of competition (i.e., must turn 6 by the end of the year)
- Gymnasts can compete in one, some or all of the disciplines at one, some or all of the events during the year

Disability Gymnasts: Gymnasts with a disability may compete in levels that are suitable and safe for their disability.

Coaching Requirements: There must be at least 1 coach from each club at the event with a level 2 qualification in any of the disciplines.

Judging Requirements: As per all our competitive events, each club will need to send the appropriate number of judges and qualification levels.

- Clubs who have gymnasts taking part in JumpSTART must provide judges. Fines will be incurred as per National Competition Policy
- Judges must be provided for EACH discipline that the club is taking part in
- The number of judges required is as follows:
 - 1-10 individuals (or 1-10 partnerships for Acro) = 1 judge required
 - 10+ individuals (10+ partnerships for Acro) = 2 judges required
- The above judge requirements are PER DISCIPLINE. For example, if a club has 5 gymnasts in RG, 5 gymnasts in Tumbling and 5 partnerships in Acro, they club require 3 judges, one per discipline. These judges need to hold a qualification in that discipline. All levels of judging qualification are accepted.

Version 3 2024

1

JumpSTART Acro Grade 1, 2 & 3

*These routines are performed on a flat strip 12 x 2m

Levels: There are 3 levels. All levels (1, 2 & 3) are performed on a 12 x 2m strip.

1. Age Categories:

There will be two age categories

- a. **Category 1:** Gymnasts must be 6 years of age by the 31st of December of that competition year. The maximum age for a gymnast is 12 years of age by the 31st December of that competition year.
- b. **Category 2:** Gymnasts must be 11 years of age by the 31st of December of that competition year. The age gap between partners cannot exceed 6 years.

2. Partnerships:

- Gymnasts will work in pairs and can be WP, MP, MXP (*depending on numbers, there may be a separate competition for each*)
- Gymnasts can alternate position (base & top) throughout the routine.

3. Routine Composition:

- The routines are set and must be completed in the order they are written, use of additional steps is optional and can be added, but should they incur technical errors, deductions will be taken.
- No music is required
- There is no max or min length of time for the routine
- It is suggested that all gymnasts present to the judges before and after each routine

4. Skills:

- Partner balance elements are held for 3 seconds
- Individual balance elements are held for 2 seconds

Version 3 2024

2



- You are required to perform the gymnastic elements exactly as the routine is set out, and deviation from this may incur technical deductions.

5. Routine Value:

- Each routine contains a combination of 12 partner and individual elements (in total).
- The final routine value is 9.70
- There are 3 bonuses per routine, worth 0.1 each. There will be added to the start value.
- Max start value 10.00
- Score breakdown-

A (Partner and Individual elements (max 9.7)) + B (Bonus (max 0.3)) = C Total score 10.00

$C - D$ (Technical deductions & penalties) = **Final score**

6. Clothing:

Gymnasts can wear a combination of any of the following recommendations-

1. Leotards, any type (these do not have to be matching)
2. Shorts/ Skort/ Leggings/ t-shirt
3. When wearing a T-shirt, it should be tucked in and with additional use of appropriate under garments e.g., swim togs, to ensure the safety and modesty of gymnasts
4. Bare Feet
5. Long hair should be safely tied up ensuring no obstruction to the gymnasts

7. Judging:

- Start value is maximum 10.00 Technical faults and penalties will be deducted from this value using the 'technical deductions table' and penalties rules to achieve the final score.

Version 3 2024

3



- No deduction given for Height difference between partners
- No artistry score received
- No deductions for attire

Judging penalties:

- Any missing/ incorrect skills 1.0 penalty.
- Routine performed in the wrong order 0.3 penalty per infringement (applied only 1 time)
- Time faults 0.3 penalty per missing second (for partner skills and individual elements)
- Unsportsmanlike behaviour on and off the field of play, 1.0 deduction (coach & gymnast)
- Performing an element (partner or individual) off the matting 0.3 penalty each time

Version 3 2024

4

8. Deductions table

Technical Deductions will range from 0.1-1.0 and applied depending on the severity of the technical error.

































Criteria for evaluation	Deduction (technical)		
	Small	Significant	Serious
	0.1	0.2-0.3	0.5/1.0
Loss of stretch, amplitude or body tightness in execution (feet, legs, knees, arms, back...).	0.1	0.2-0.3	...
Deviation from correct direction in all elements, individual and partner	0.1	0.2-0.3	0.5/1.0
Elements off ideal position- (refer to images) e.g. <ul style="list-style-type: none"> • Handstands off vertical or ideal positions • Back arch and/or hip flexing when trying to maintain a straight position • Legs above or below ideal position in holds • Bend of arms in handstands and angle of knee, ankles, wrists • Exactness of shape e.g., tuck in fwd. roll, splits off 180 	0.1	0.2-0.3	0.5/1.0
Instability of the element	0.1	0.2-0.3	0.5/1.0
The partner/s coming to the floor and landing unintentionally or illogically, without control but without a fall	0.5
Fall from either 1 or both of the partners to the floor landing on all fours, seat, front, back or side	1.0
Additional support of the partner(s) to prevent a fall	0.5

Version 3 2024

5

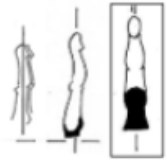
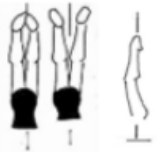


Over or under rotation in turn and twists	0.1	0.2-0.3	0.5/1.0
Skills, individuals, or dance elements that are not synchronised (if stated that they should be in the routine)	0.1	0.2-0.3	0.5/1.0

9. Images of correct Shapes/Positions and deductions

IDEAL Shape/Position	0.1	0.2	0.3	0.5
Handstand 	 		 	 
Bridge 				
Tabletop  	 		 	
Lever   	 	 	 	
Tuck/roll  				 

Version 3 2024




6

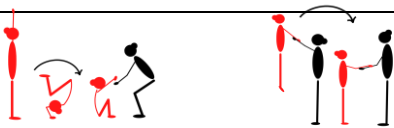

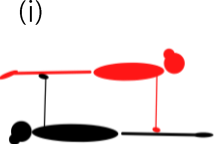

<p>Knees & Feet</p> 				
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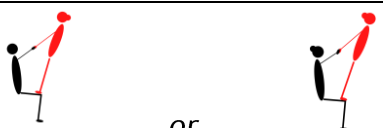

ROUTINES

Version 3 2024

7

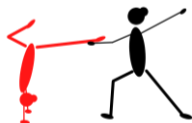



JumpSTART Acro - Grade 1		
Category	Skill	Technical Information
Salute to judges to start		<ul style="list-style-type: none"> Gymnasts step onto the top of the strip, one in front of other (the gymnast who will be the "top" for the first acro partner skill will start at the front) The gymnast at the front takes approx. 2-3 big steps forward Both salute to the judges
1. Individual (balance)	One Foot Stand	<ul style="list-style-type: none"> Both partners show one foot stand and hold for 2 seconds. Knee bent to 90 degrees; arms stretched out to side
2. Individual (movement)	4 skips forward (not chassé)	<ul style="list-style-type: none"> Perform 4 skips in a forward direction (both gymnasts travelling in same direction) Arms stretched to side, lifted leg can be bent or straight in the skip
3. Individual (movement)	Forward roll to straddle sit	<ul style="list-style-type: none"> Perform forward roll to straddle sit Straight legs to be shown in roll of both performers Arm positions optional throughout
4. Partner Skill		<ul style="list-style-type: none"> Top cartwheels over the base holding a dish/ arch shape (arm position option) Top must put one hand at either side of the base's body Front to back or side to side cartwheel can be performed
5. Partner Skill	 Or  <p><i>0.1 bonus - let go one hand</i></p>	<ul style="list-style-type: none"> Top stands on bases legs (can be facing forward or backward) - holding at wrists Both lean back into the counterbalance, with straight arms Base to have legs together, and both to show good posture in final shape Tops steps off the knees Base holds the tops hands to finish with both standing
6. Individual (agility/ tum)	Jump half turn, forward roll, jump to one leg, cartwheel	<ul style="list-style-type: none"> Top and base perform tumble combination in opposite directions on the floor strip The skills must link smoothly to one another (one skills flows into other) Show final landing position Side to side or back to front techniques can be used for the cartwheel









7. Partner Skill	 <p><i>0.1 bonus - tops hips above bases shoulders</i></p>	<ul style="list-style-type: none"> Top performs a forward roll to an immediate straight jump, supported on the forearms by the Base. No release required - Bonus will be given if tops hips are above bases shoulders
8. Partner Skill		<ul style="list-style-type: none"> Top kicks into a balanced handstand with the base providing minimal support on legs. Arms of both top and base must be straight.
9. Individual (flex)	<p>Rock and Roll to Straddle/ Pike Sit, fold to touch toes or chest to legs</p> <p><i>0.1 bonus - chest on mat/legs</i></p>	<ul style="list-style-type: none"> From standing facing each other, gymnasts bend to squat and perform a tucked rock & roll to finish sitting in straddle/pike Reach forward and touch toes, with a straight arms and legs - Full fold not required Bonus is applied if chest to floor (straddle) or chest to legs (pike)
10. Individual (balance)	<p>Shoulder stand</p> <p><i>0.1 bonus - arms on floor (both partners)</i></p>	<ul style="list-style-type: none"> From front fold, gymnasts sit up and roll back into the shoulders stand skill Shoulder stand should be high on shoulders, straight body shape Arms may be used to support the back, or resting on the floor Hold for 2 seconds
11. Partner Skill	<p>(i) </p> <p>(ii) </p>	<ul style="list-style-type: none"> Option (i): Top in front support with hands on Base's legs. Base supports the Top's legs. Both should have straight arms. Option (ii): Top in front support with hands on Base's knees. Both should have straight arms. Base rolls to stand up after skill is completed.
11. Individual (jump)	<p>Straight, Star Jump, jump ½ turn</p>	<ul style="list-style-type: none"> Links to each jump should be smooth and continuous (do not have to be rebound) Show controlled final landing
Final Pose, salute and walk off.		<ul style="list-style-type: none"> Final pose - partners create a unique finishing position Salute to judges and march off

JumpSTART Acro – Grade 2		
Category	Skill	Technical Information
	Salute to judges to start	<ul style="list-style-type: none"> Front centre, gymnasts start approx. 4 large steps apart and face each other. Salute together
1. Individual (balance)	Arabesque	<ul style="list-style-type: none"> Both partners show arabesque Back leg held at horizontal, body/ chest in a gentle arch Arm position optional
2. Individual (move)	Forward roll, jump half turn	<ul style="list-style-type: none"> Full stretch of legs in the roll Forward rolls to be synchronised Arm positions optional
3. Partner Skill	 <p><i>0.1 Bonus - one handed cartwheel</i></p>	<ul style="list-style-type: none"> Arm position optional Base supports the Top's waist throughout the cartwheel.
4. Individual (balance)	Handstand (momentary hold)	<ul style="list-style-type: none"> Starting in lunge, gymnasts kick to a momentary handstand, and finish back in lunge position Handstand must reach vertical Momentary = legs have time to join with body still vertical
5. Partner Skill	 <p><i>0.1 bonus - let go of one hand</i></p>	<ul style="list-style-type: none"> Top stands on bases legs, holding each other's the arms. Counterbalance must be shown - both lean back Top may face forward or backwards in this skill. Hold for 3 seconds
6. Individual (agility/ tum)	Cartwheel 1.2 into backward roll to straddle stand (chest upright)	<ul style="list-style-type: none"> Top and base slide apart after pair balance to stand side by side facing opposite directions - <i>move back further if more space needed.</i> Top and base perform in opposite directions on the floor strip
7. Partner Skill		<ul style="list-style-type: none"> Top performs a frog jump/ leapfrog over the base Base can be in straddle stand (as shown), or have hands supported on floor in straddle stand Top can jump over either side of the base (from back to front or side)

Version 3 2024

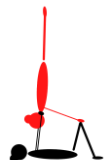


10

		<ul style="list-style-type: none"> Top must show straight knees, and flight, and use bases back for support
8. Partner Skill		<ul style="list-style-type: none"> Top in a balanced handstand with the base providing minimal support on legs. Top kicks into the handstand and steps out of handstand Base supporting arm to be straight
9. Individual (jump)	Chasse x2, jump feet together star jump, jump half turn	<ul style="list-style-type: none"> Jumps to be immediate (rebounding) Landing must be held
10. Individual (roll)	Side straddle roll x2 	<ul style="list-style-type: none"> Start and finish kneeling (gluts/rear away from heels, kneeling up high) Straddle position is to be shown in the middle of the roll Roll to be repeated in both directions (e.g., perform side roll to one side, then repeat back again) Arm position optional, hands must not be used on floor to complete roll
11. Individual (flex)	Bridge	<ul style="list-style-type: none"> Push to bridge Bridge performed with straight arms, shoulders to be over wrists Legs may be apart
12. Partner Skill	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <p>(i)</p>  </div> <div style="text-align: center;"> <p>(ii)</p>  </div> </div> <p><i>0.1 bonus – release in either shape</i></p>	<ul style="list-style-type: none"> Option (i): Top in a supported front angel on Base's feet. Base supports Top by the hands, grip is optional. Option (ii): Top in a supported back angel on Base's feet. Base supports Top by the arms/wrists, grip is optional. Legs of the Top in back angel can be either both together and straight or with one bent. Entry and exit methods are optional Base remains on floor for finishing position
Final Pose, salute and walk off.		<ul style="list-style-type: none"> Final pose – create a unique finishing position

JumpSTART Acro – Grade 3		
Category	Skill	Technical Information
Salute to judges to start		<ul style="list-style-type: none"> Start one in front of the other, approx. 1 large step onto one end of the floor strip Salute together
1. Individual (balance)	Headstand 0.1 bonus – legs straight & together	<ul style="list-style-type: none"> Entry and exits are optional Headstand shape to be in tuck, straight (with legs wide or together) Good posture must be shown – straight back Bonus only given if excellent posture is shown
2. Partner Skill	(i)  or (ii) 	<ul style="list-style-type: none"> Option (i) Top supported at the waist/ hips in a balanced handstand on the thighs of the Base. Base kneeling with legs together. Top may face inwards or outwards. Legs may be in straddle or together, but must be straight Option (ii) Top in a supported stand on the Base's shoulders. Base kneeling with knees together
3. Individual (agility/tum)	Cartwheel, immediate one arm cartwheel	<ul style="list-style-type: none"> Fluid movement from one cartwheel to the other Cartwheel style optional Optional steps may be added to create space between partners
4. Partner Skill	(i)  or (ii)  0.1 bonus – option (ii)	<ul style="list-style-type: none"> Option (i): Top in pike 2 arm lever. Top hands on knees of base and base supports ankles of top. Base lying down. Option (ii) Top in 2 arm lever on knees of base. Base in table bridge with flat hips. Lever must have rear and legs lifted. Any style of lever can be used (tuck, pike, or straddle)
5. Partner Skill	(i)  or (ii) 	<ul style="list-style-type: none"> Option (i): Top in an unsupported front angel on Base's feet. Option (ii): Top in an unsupported back angel on the Base's feet. Legs of the Top can be either both together and straight or with one bent.
6. Individual (jump)	Chasse, cat leap, step into one foot full spin	<ul style="list-style-type: none"> Linking from one to the other must be smooth and continuous. Arms optional throughout and knees position in spin is optional. Smooth transition from one skill to the other
7. Partner Skill	(i)  or (ii) 	<ul style="list-style-type: none"> Option (i): Top stands on Base's thighs unsupported. Base in table position. Option (ii): Top stands on the Base's thighs supported by the Base at the waist. The Top should not contact the body of the Base

Version 3 2024

12

8. Partner Skill	(i)  <i>or</i> (ii) 	<ul style="list-style-type: none">• Option (i): Top in a supported shoulder handstand on the Base's hands. Top provides holds onto the Base's legs. Base may have their feet on or off the floor in order that the Top should be in a straight position (ankles to shoulders)• Option (ii): Top in a supported handstand with hands on the ankles of the Base. Base supports the Top's bent knee with one or two hands.
9. Individual (movement)	Handstand forward roll	<ul style="list-style-type: none">• Handstand must reach vertical before roll• Arms may be bent or straight in the roll• All entries into handstand accepted
10. Partner Skill	Boosted straight jump  <i>0.1 bonus – full extension of bases arms</i>	<ul style="list-style-type: none">• A release is not required at the top of the jump.• The base can support and throw from wherever is easiest e.g., on waist.• The bonus will only be given if waist of the top reaches the bases shoulder height or higher, with full extension of bases arms
11 + 12 Individuals Choice	Optional 1 Optional 2	<ul style="list-style-type: none">• Two optional individual skills can be chosen, one from each category.• Skills can be performed simultaneously or sequentially.• Partners can choose different skills to suit their ability• Choose from individuals below:
		<table><tr><td>AGILITY / TUMBLE Round off, straight jump Backward roll to handstand Cartwheel 1.2 into backward roll to front support Or any skill from agility/ tumble category value 0.1 – 0.2 from ToD</td><td>FLEXIBILITY/ STAND One split (left or right or middle) Japana (chest to floor) Pike fold (chest to legs) Dish hold to arch hold (2" each) – arms by ears Or any skill from flex/ stand category value 0.1 – 0.2 from ToD</td></tr></table>
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Final Pose, salute and walk off.		<ul style="list-style-type: none">• Final pose – create a unique finishing position