

Acro Rules and Regulations

***SCOTTISH UNIVERSITIES GYMNASTICS
LEAGUE 2026/27***

ACRO COMPETITION RULES AND INFORMATION



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General Information

1. Individual Elements

- 1.1. All routines are required to have 3 individual skills.
- 1.2. Individual skills should be selected from holds, flexibility, agility or tumble.
- 1.3. Each gymnast is free to do any variation of individuals (all elements can be taken from the same row or different rows).
- 1.4. Each gymnast of the partnership does not have to compete the same individuals.
- 1.5. All individuals must be done simultaneously or in waterfall.
- 1.6. Individuals may not be repeated by the same gymnast in a single routine.
- 1.7. If competing multiple routines, gymnasts may compete the same individuals in all of their routines.
- 1.8. Individual elements will be included within the difficulty score as an average for the whole partnership.

2. Partnerships

- 2.1. Partnerships will be composed of 2, 3 or 4 gymnasts of any gender combination.
- 2.2. Groups of 4 are allowed to perform any pair skill as 2 groups of 2 (simultaneously) for the same difficulty shown in the tables of difficulty for pairs.
- 2.3. Groups of 4 may have 3 person skills, however, this is only allowed when explicitly specified in the tables of difficulty.

3. Competition Area

- 3.1. Sprung Floor 12x12.

4. Competition Length

- 4.1. Between 1 minute 30 seconds and 2 minutes 30 seconds.

5. Tariff Sheets

- 5.1. Tariff sheets must be handed in either by email (prior to competition) or on paper to an SUGL Committee member at the start of the competition day.
- 5.2. Any skill performed which is not on the tariff sheet will not count towards DV or Special Requirements.
- 5.3. Skills must be performed in the order of the tariff sheet.
 - 5.3.1. A penalty of 0.3 will be applied if tariff sheets are not performed in order.
- 5.4. Any skills performed from the FIG COP should be sent to the head judge at least 48 hours before the competition start date. The difficulty will be valued between 0.1-1.0, and value will be determined as a comparison to the skills already in the tables of difficulty for this competition.

6. Forbidden Elements

- 6.1. At novice and intermediate, forbidden elements include any skill not within tables of difficulty.
- 6.2. For elite, if any skills have been taken from code of points, rather than SUGL tables of difficulty, then follow rules on forbidden elements in code of points.
- 6.3. Any acro move involving balancing on the head of a base, must be approved by an appropriate level coach.
- 6.4. If any forbidden element is on the tariff sheet, you will be asked to change it or forfeit a 1.0 penalty.
- 6.5. If the Difficulty Judge sees any skill(s) in the warmup that they assess are unsafe to be competed, they will ask for them to be switched to another skill, otherwise they will be deemed a forbidden skill.

7. Penalties

- 7.1. A **1.0** penalty will be applied for the following:
 - 7.1.1. Coach present on the floor
 - 7.1.2. For each missing pair element, a Special Requirement penalty is applied.
 - 7.1.3. For each missing individual element, a Special Requirement penalty is applied.
 - 7.1.4. For performance of a forbidden element. This penalty is applied for each violation, even if the performed element is not declared on the tariff sheet.
- 7.2. A **0.5** penalty will be applied for the following:
 - 7.2.1. Each time a gymnast lands 2 feet outside the boundary
- 7.3. A **0.3** penalty will be applied for the following:
 - 7.3.1. Re-start of exercise without justification.
 - 7.3.2. Starting before the music starts. The first note of the music, not the beep where used, is considered as the beginning of the exercise.
 - 7.3.3. Ending before or after the music has finished. The timing of the exercise continues until the last movement of the gymnasts and the end of an exercise must be a static position and not an element of difficulty.
 - 7.3.4. When elements are not performed in order on Tariff Sheet
 - 7.3.5. For each second missing of a 3 (") second static element.
 - 7.3.6. For each second missing of a 2 (") second individual element.
 - 7.3.7. Speaking to your partner(s) during the routine.
- 7.4. A **0.1** penalty will be applied for the following:
 - 7.4.1. Each time a gymnast steps over the boundary line.
 - 7.4.2. Each time the attire is adjusted or an accessory is lost.
 - 7.4.3. Any music over the stipulated time (2 mins 30seconds), applied in 1 second increments.
 - 7.4.4. The timing of the exercise continues until the last movement of the gymnasts and the end of an exercise must be a static position and not an element of difficulty. Finishing after the music results in a penalty.

Routines

Novice

1. Novice Requirements
 - 1.1. Will be composed of 1 combined routine.
 - 1.2. Combined: this includes 3 static elements (rows A-C) and 2 flight elements (rows D-E).
 - 1.3. Routines will be marked out of 20 for execution (E), with difficulty score (D) added and any penalties subtracted (final score = E + D - P).

Novice Combined

2. Routine Make-up
 - 2.1. Paired Elements
 - 2.1.1. 5 different elements.
 - 2.1.2. One element from each row must be included
 - 2.1.3. 3 balance elements and 2 dynamic elements
 - 2.1.4. Skills should be chosen from DV values 0.1 - 0.5 below.
 - 2.1.5. All static elements must hold still for 3 seconds.
 - 2.2. Individuals Elements
 - 2.2.1. 3 individual elements of choice from the table below (the same row can be used multiple times).
 - 2.2.2. All holds must be held for 2 seconds unless otherwise indicated.
 - 2.2.3. Partners can do different individual elements at different DV.
 - 2.2.4. DV of individuals will be combined and averaged per partnership.
3. Music & Artistry
 - 3.1. Music and artistry is optional.
 - 3.1.1. Music can contain words.
 - 3.1.2. It is the responsibility of the competitors to organise their music.
 - 3.2. Music does not need to be cut and can be faded out at the end.
 - 3.3. Artistry will not be marked and no extra points or deductions will occur.

Intermediate

1. Intermediate Requirements:
 - 1.1. It is optional to do either 1,2 or 3 routines. There will be a separate medal for balance, dynamic and combined routines.
 - 1.2. Routine 1 will be Balance; this includes 5 static elements.
 - 1.3. Routine 2 will be Dynamic; this includes 5 flight elements.
 - 1.4. Routine 3 will be Combined; this includes either 3 static elements and 2 flight elements or 2 static elements and 3 flight elements.
 - 1.5. For routine 1, skills should be selected from rows A-C, with each row being used at least once, and a maximum of twice.
 - 1.6. For routine 2, skills should be selected from rows D-F, with each row being used at least once, and a maximum of twice.
 - 1.7. For routine 3 all skills should be from rows A-F, each row can be used a maximum of twice, and each box a maximum of once.
 - 1.8. Routines will be marked out of a total of 30. Execution (E) will be marked out of 20 and artistry (A) will be marked out of 10, with difficulty score (D) added and any penalties (P) subtracted (final score = E A + D + P).

Intermediate Balance, Dynamic & Combined

2. Music & Artistry
 - 2.1. Music and artistry is mandatory.
 - 2.1.1. Music can contain words.
 - 2.1.2. It is the responsibility of the competitors to organise their music.
 - 2.2. "Singing" or "lip syncing" by the gymnasts during the exercise, will result in gymnasts not receiving full marks in the 'expression criteria' (Artistry) category.
 - 2.3. Artistry scores will be calculated using the grading scale shown at the end of this document.
3. Acrobatic Elements
 - 3.1. 5 different acrobatic elements.
 - 3.2. Skills should be chosen from the 'Intermediate' ToD below.
 - 3.3. All static elements must hold still for 3 seconds.
4. Individuals Elements
 - 4.1. 3 individual elements of choice from the table below, the same row can be used multiple times.
 - 4.2. All holds must be held for 2 seconds unless otherwise indicated.
 - 4.3. Partners can do different individual elements at different DV.
 - 4.4. DV of individuals will be combined and averaged per partnership. E.g pairs = sum of 6 individuals /2, trios = sum of 9 individuals /3.

Elite

- 1.1. It is optional to do either 1,2 or 3 routines. There will be a separate medal for balance, dynamic and combined routines.
- 1.2. Routine 1 will be Balance; this includes 5 static elements.
- 1.3. Routine 2 will be Dynamic; this includes 5 flight elements.
- 1.4. Routine 3 will be Combined; this includes either 3 static elements and 2 flight elements or 2 static elements and 3 flight elements.
- 1.5. For routine 1, skills should be selected from rows A-C, with each row being used at least once, and a maximum of twice.
- 1.6. For routine 2, skills should be selected from rows D-F, with each row being used at least once, and a maximum of twice.
- 1.7. For routine 3 all skills should be from rows A-F, each row can be used a maximum of twice, and each box a maximum of once.
- 1.8. Routines will be marked out of a total of 30. Execution (E) will be marked out of 20 and artistry (A) will be marked out of 10, with difficulty score (D) added and any penalties (P) subtracted (final score = E + A + D + P).

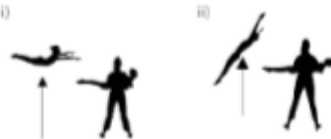
Elite Balance and Dynamic

2. Music & Artistry
 - 2.1. Music and artistry is mandatory.
 - 2.1.1. Music can contain words.
 - 2.1.2. It is the responsibility of the competitors to organise their music.
 - 2.2. "Singing" or "lip syncing" by the gymnasts during the exercise, will result in gymnasts not receiving full marks in the 'expression criteria' (Artistry) category.
 - 2.3. Artistry scores will be calculated using the grading scale shown at the end of this document.
3. Acrobatic Elements
 - 3.1. 5 different acrobatic elements.
 - 3.2. Skills should be chosen from the 'Elite' ToD below.
 - 3.3. For routine 1, the base must demonstrate two different shapes (e.g standing, sitting, balancing on shoulders, hands or feet), and the top must demonstrate three different shapes (e.g lever, stand, one foot stand, handstand, angel)
 - 3.4. For routine 2, the top must demonstrate at least 3 different shapes (e.g tuck, straight, pike, angel, handstand etc) and there must be one element where the top doesn't land on the floor (e.g top caught in cradle, in hands, in angel etc)
 - 3.5. All static elements must hold still for 3 seconds.
4. Individuals Elements
 - 4.1. 3 individual elements of choice from the table below, the same row can be used multiple times.
 - 4.2. All holds must be held for 2 seconds unless otherwise indicated.
 - 4.3. Partners can do different individual elements at different DV.
 - 4.4. DV of individuals will be combined and averaged per partnership. E.g pairs = sum of 6 individuals /2, trios = sum of 9 individuals /3.

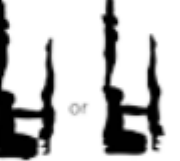
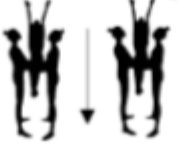
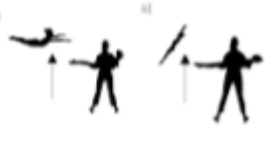
Novice Acro Pair Skills

	0.1	0.2	0.3	0.4	0.5
A					
B					
C					
D					
E					

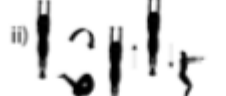
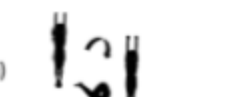
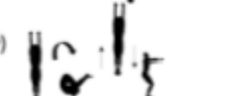
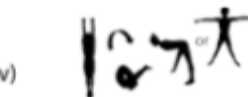
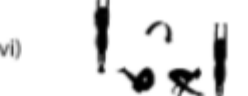
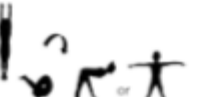
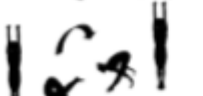
Novice Acro Trio Skills

	0.1	0.2	0.3	0.4	0.5
A					
B					
C					
D					
E					

Novice Acro Group Skills

	0.1	0.2	0.3	0.4	0.5
A					
B					
C					
D					
E					

Novice Individual Skills

	0.1	0.2	0.3	0.4	0.5
FLEX	i)  ii) 	iii)  iv) 	v)  vi) 	iii)  iv) 	v)  vi) 
STAND	i)  ii) 	iii)  iv) 	v) 	ii)  iii) 	iv)  v) 
AGILITY/ TUMBLE	i)  ii) 	iii)  iv) 	v)  vi) 	iii)  iv) 	v)  vi) 

Intermediate Acro Pair Skills

	0.1	0.2	0.3	0.4	0.5
A					
B					
C					
D					
E					
F					

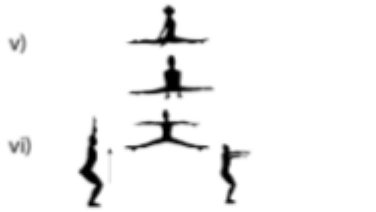
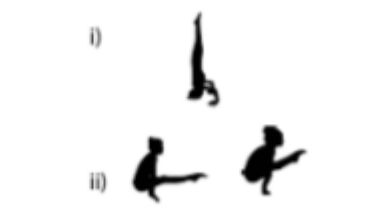
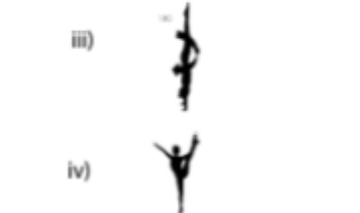
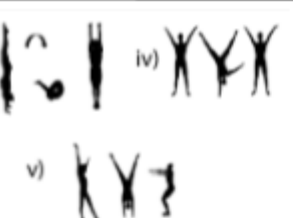
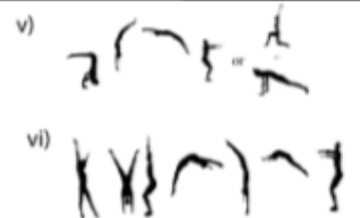
Intermediate Acro Trio Skills

	0.1	0.2	0.3	0.4	0.5
A					
B					
C					
D					
E					
F					

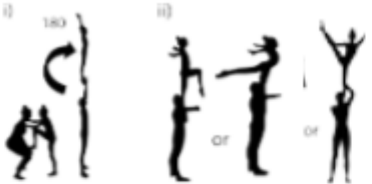
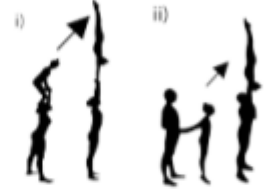
Intermediate Acro Group Skills

	0.1	0.2	0.3	0.4	0.5
A					
B					
C					
D					
E					
F					

Intermediate Individual Skills

	0.1	0.2	0.3	0.4	0.5
FLEX					
STAND					
AGILITY/ TUMBLE					

Elite Acro Balance Pair Skill List

	0.1	0.2	0.3	0.4	0.5
A					
B					
C					
D					
E					

Elite Acro Balance Pair Skill List

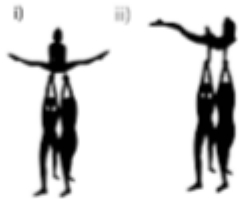
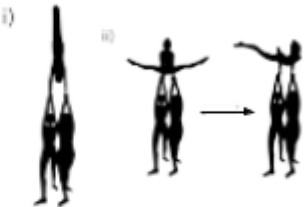
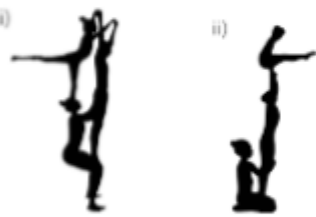
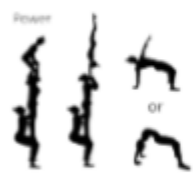
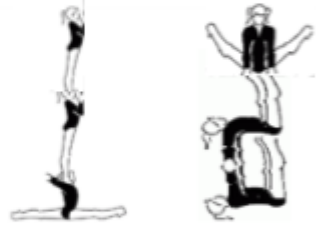
Below are commonly used skills taken from the COP that are not in NDP 5 so therefore have no photos. This table is to help you find the DV of commonly used skills without reading the CoP - [en_2025-2028 ACRO Table of Difficulty.pdf](#)

0.1	0.2	0.3	0.4	0.5
1. Stand on shoulders free arm 2. Stand in hands short arm (base standing) 3. Stand in hands long arm (base lying down) 4. Short arm handstand, base lying down, kneeling or sitting 5. Pike Lever on arms (base standing) 6. Reverse up to Pike Lever 7. Pike lever, base in headstand 8. Pancake (japana) on feet base lying down 9. Top straddle lever on base's knees, base in hip (glute) bridge	1. Stand in hands long arm (base standing) 2. Handstand on base's shoulders 3 Pancake (japana) on feet, base in shoulder stand or headstand 4. Two on one straddle lever, with base kneeling, sitting or on head 5. One arm back angel	1. Stand in hands, base slides to splits 2. Two on one lever, base in splits, holding top with both arms 3. Top in straddle lever on abdomen or knees, base in bridge 4. Top doing straddle lever on shoulders, base in straddle lever	1. One arm lever on hands 2. One arm Crocodile on hands 3. Straddle down from handstand on arms, base lying down 4. Top straddle lever on back, base in crocodile	1. Top stand on hands in scorpion (base standing) 2. Top straddle lever on back, base in one arm crocodile

Elite Acro Dynamic Pair Skill List

	0.1	0.2	0.3	0.4	0.5
A					
B					
C					
D					
E					

Elite Acro Balance Trio Skill List

	0.1	0.2	0.3	0.4	0.5
A					
B					
C					
D					
E					

Elite Acro Dynamic Trio Skill List

	0.1	0.2	0.3	0.4	0.5
A					
B					
C					
D					
E					

Elite Individuals Skill List

	0.1	0.2	0.3	0.4	0.5
Hold (2 second hold)	1. Headstand 2. Arabesque 3. One foot stand 4. Shoulder stand	1. Handstand 2. Elbow stand 3. T balance (balance on one foot and align one arm with the opposite foot horizontally) 4. One foot stand with leg held out straight at horizontal 5. Handstand pirouette (180 degree turn)	1. Handstand 2. Headstand with backbend (Mexican shape) 2. Elbow stand with backbend (Mexican shape) 3. Bent arm planche 'crocodile' (Any leg variation) 5. Needle (hands on floor) 6. Chest stand 7. Handstand pirouette (360 degree turn)	1. Elephant lift to handstand 2. From splits, press to handstand 3. Chest roll to handstand 4. Needle (hands off floor) 5. Scorpion with straight leg 6. Jump back with half twist to handstand 7. Planche with legs apart 8. Chest stand with legs at horizontal	1. Straddle / pike lever up 2. Straddle down 3. Flick to headstand 4. Flick to handstand 5. Endo roll to handstand (handstand forward roll to straddle lever, straddle up to handstand) 6. Planche legs together 7. Mexican handstand 8. Wide arm handstand
Flexibility	1. Splits 2. Japana 3. Bridge 4. Handstand to bridge 5. Backbend to bridge 6. Shoulder splits with legs lifted	1. Box splits 2. Handstand cut through to splits 3. Forward walkover 4. Backward walkover 5. Handstand over to knees 6. Forward walkover to land seated in pike with one leg bent 7. Cartwheel to splits 8. Bridge with one leg lifted	1. Slinky (back bend, jump both feet up to handstand) 2. Valdez 3. Jump full turn to splits 4. Change leg backwards walkover 5. Y-balance	1. Jump full turn to box splits 2. One handed forward walkover 3. One handed backward walkover 4. Forward walkover to splits 5. Backwards walkover to splits 6. Healy turn	1. Backbend to grab ankle in splits 2. Backbend to grab ankles standing 3. One handed valdez 4. One handed backward walkover to splits 5. One handed forward walkover to splits 6. Backward walkover to handstand, ½ turn forward walkover out 7. Backward walkover to box splits 8. Slinky to box splits (back bend, jump both feet up to handstand then lower into box splits)

Agility	1. Backward roll to straddle stand 2. Forward roll 3. Cartwheel 4. Dive roll	1. Backwards roll to handstand 2. Forwards roll to straddle stand 3. One handed cartwheel 3. Handstand forward roll 4. Hecht dive roll (dive roll with arch shape)	1. Handstand forwards roll with pike stand 2. Forwards roll to pike stand 3. Headspring to feet / knee / japana 4. ½ twist dive roll 5. Flick to one (lunge or knee) 6. Kip to feet or japana (roll back onto shoulders, push up off hands to feet or japana) 7. Handspring to one knee 8. Jump back with ½ twist to handstand 9. Free cartwheel to lunge / knee	1. Backwards roll to handstand, ½ turn handstand forward roll out 2. Flick to arabesque / splits 3. Free walkover to land in pike sit (one knee bent) 4. Flick to splits or arabesque 5. Tuck back to lunge or knee 6. Flick / straight back to front support 8. Kip with half twist to front support / knee / arabesque (roll back to shoulders, push off hands with ½ twist) 9. Free cartwheel to splits	1. Free walkover to lunge or knee 2. Layout to lunge / knee (straight back with split legs) 3. Flick to healy turn 4. Pike back to front support 5. Headspring full twist to back support 6. Full twisting dive roll 7. Headspring to arabesque 8. Tuck front to knee / splits / japana 9. Tuck front half to front support 10. Kip to feet (jump back to land on shoulders, use hands to push up to feet) 11. Full twisting flick to knee / lunge / front support
Tumble	1. Round-off 2. Round-off half turn cartwheel 3. Round-off to shape jump (tuck, pike, straddle) 4. Cartwheel chasse cartwheel 5. Handstand hop 6. Forward roll, stand up on one leg, cartwheel	1. Round-off half turn round-off 2. Flick to two feet 3. Handspring (to one* or two feet) *Can only be performed to one foot if connected to another skill e.g round-off or handspring to two)	1. Tuck back 2. Tuck front 3. Whip 4. Side somersault (tucked) 5. Flick with half twist to two	1. Pike back 2. Pike front 3. Punch front 4. Side somersault (Straddled)	1. Straight back 2. Tuck front half 3. Flick with full twist to two 4. Tucked arabian

Other individuals in the FIG CoP are allowed and the DV will be at the discretion of the D Judge. The value given will be between 0.1-0.5.

You are allowed to use a round-off, cartwheel, flick or handspring etc as a set-up move with no value, to generate power for a tumble of value. If performed and not claimed on the tariff sheet, this will not be given a D-value, and won't be counted as one of the individuals required for special requirements. It can however still receive execution deductions.

Artistry

Artistry in Intermediate and Elite routines will be marked using the following criteria(s):

Perfect Routines	9.6 to 10.0
Excellent Routines	9.0 to 9.5
Very Good Routines	8.0 to 8.9
Good Routines	7.0 to 7.9
Satisfactory Routines	6.0 to 6.9
Poor Routines	5.0 to 5.9

	Description	Symbol	N	Mod.	Y
PARTNERSHIP	Is there an acceptable level of maturity between all partners?		0	0.2	0.4
	Is there a good level of technical and physical preparation between all partners?		0	0.1	0.3
	Is there a visible consistent connection between all partners?		0	0.1	0.3
PERFORMANCE	Is there a continuous flow and parts of perfect synchronization?		0	0.2	0.4
	Do all partners have great amplitude in the exercise?		0	0.1	0.3
	Is the Choreography original and create a personal identity?		0	0.1	0.3
EXPRESSION	Do all partners project the correct emotion of the exercise?		0	0.2	0.4
	Is there harmony of the expression between all partners?		0	0.1	0.3
	Do they maintain the emotion throughout the exercise?		0	0.1	0.3
CREATIVITY	Do they show a variety of elements and perform rarely staged elements?		0	0.2	0.4
	Do they show originality and inventiveness in the overall exercise?		0	0.1	0.3
	Do they have special/different way(s) to get in and out of elements?		0	0.1	0.3
MUSICALITY	Is the exercise respecting the character and the rhythm of the music?		0	0.2	0.4
	Are the musical sentences, accents respected and used throughout?		0	0.1	0.3
	Is the choreography in harmony with the music?		0	0.1	0.3

Blank Tariff Sheet

Name:

Name:

Name:

Name:

Category:

If the name is unknown, please just write the letter and difficulty. If skills are being performed connected, please put them side by side. If there is choreo in between, please leave a space.

N.o.	1	2	3	4	5	6	7	8	9
Name of skill									
Letter of skill									
Difficulty									
N.o.	10	11	12	13	14	15	16	17	18
Name of skill									
Letter of skill									
Difficulty									

Total Acro DV:

Average Individual DV:

Total DV:

Tariff Sheet Example

Name: Zoe Bradford

Name: Grace Williams

Name: /

Name: /

Category: Novice Pair

If the name is unknown, please just write the letter and difficulty. If skills are being performed connected, please put them side by side. If there is choreo in between, please leave a space.

N.o.	1	2	3	4	5	6	7	8	9
Name of skill	Supported handstand (base sitting in straddle)		Stand on knees		Pike fold (top) + Splits (base)		Bridge (top) + Shoulder stand (base)		Counter balance on knees
Letter of skill	A (i)		B (i)		Flex (v) + Flex (v)		Flex (iii) + Stand (ii)		B(i)
Difficulty	0.3		0.5		0.3 + 0.5		0.4 + 0.4		0.4
N.o.	10	11	12	13	14	15	16	17	18
Name of skill	Cartwheel chassé cartwheel (both top + base)		Bunkbed		Supported shoulder stand				
Letter of skill	Agility / Tumble (vi)		C(i)		A(i)				
Difficulty	0.5 + 0.5		0.3		0.5				

Total Acro DV: 2.0

Average Individual DV: 1.3

Total DV: 3.3