

New – 5/21/09

III. CLARIFICATIONS REGARDING SERIES

- A. In an Acrobatic or a Dance series, the connection between the elements must be continuous. The landing leg or the free leg must be the take-off leg for the next element. If both feet land at the same time, the next element must take off from two feet.

1. Backward Acro Flight Series

- a. A backward acro flight series is considered broken when there is a delay in the immediate take-off of the second element (deduct 0.50 for missing the Special Requirement, if applicable):

- i. Arms moving as low as the thighs or further back will break the series
- ii. A slow moving connection with one or more flight elements would be broken

2. Non-flight series (any direction), flight series with forward or sideward elements and counter acro flight series

- a. If there is a lack of tempo/poor rhythm between the elements performed in a series, apply the specific execution deduction of lack of tempo between elements (up to 0.30). This refers to continuous, but slow.

3. Dance or Mixed Series

- a. Lack of tempo/poor rhythm between the elements performed in a series; apply the specific execution deduction (up to 0.10). This refers to continuous, but slow.
- b. If the body continues its movement, an arm circle does not necessarily break the connection

4. All series are considered broken if the following occurs:

- a. A stop between the elements.
- b. Loss of balance, causing a stop between elements
- c. Repositioning of a support leg
- d. Extra step, hop/jump between elements

- B. Some elements are inherently "non-connectable". The following is an example of an acro series that is considered Non-Connectable, regardless of how quickly the elements are connected:

Back Walkover (or Flic-flac step-out) to Round-off (or cartwheel)

In this example, the first element lands in a lunge on 2 feet. It cannot be connected to a 2nd element for acro series credit.

Note: The only way these two elements could connect legitimately is by landing the first element on one leg and step through into the Round-off (or cartwheel).

- Performing a kick leading into the second element will break the series

C. Repetition of a failed series

Examples:

1. Gymnast performs a Flic-flac step-out and stops (or falls), then does a series of two connected flic-flacs. The Special Requirement is NOT met because the third flic-flac receives no Value Part.
2. At Level 7: Gymnast attempts a series of two Back Walkovers, but the second Back Walkover never lands on the beam (no Value Part credit) (A + 0).

If she then kicks up to a handstand and holds it for 2 seconds, then steps down to a Back Walkover (A + A), one part of the Acro Special Requirement has been met.

- If the Handstand is NOT held for 2-seconds, it will not receive A-Value Part credit and cannot be used to fulfill a Special Requirement.