What Are The Different Routines?

**Dynamic**

Dynamic Routines include skills that demonstrate flight with partner throws, boosts, and pitches. Tops are caught by their base(s) or land on the floor. Individual and/or synchronized tumbling skills are also included.

**Balance**

Balance Routines consist of intricate pyramids with static balance elements, and transitions between holds, such as a Top that begins in straddle then presses into a handstand. Each position must be held at least 3 full seconds or the routine will be penalized.

**Combined**

A Combined Routine has balance and dynamic skills combined into a single routine. Pair/Groups in Level 7 and below compete this type of compulsory routine. Elite athletes compete all three types of routines.

Photos by Lisa Estep, Lisa & Ketan Deshpande and @acroki

How Does Scoring Work?

Each athlete is evaluated on the individual skills displayed in the routine, as well as the partner skills. Balance skills highlight strength, flexibility, and stamina. These might include handstands, bridge, or splits. Dynamic skills involve agility, flight, somersaults, or tumbling. Routines are also evaluated artistically; looking at choreography, creative use of space, musicality, and their ability to engage with each other, the audience, and the judges. Pair/Groups should display a visible connection and strong partnership. Scores are reflected in three categories:

**Artistry**

The Artistry score evaluates the performance, choreography, structure, and artistic impact of a routine. Variety, creativity, flow, and selection of pair/group elements are important aspects of Artistry. Strong expression, emotion, and the establishment of a consistent partner relationship all are evaluated and factor into the Artistry score. Artistry is scored as 0-10.

**Execution**

Execution is the technical performance of an exercise. Judges are looking for efficiency of entry and exit from elements, maximum flight, effective catching, and landing control. Also, correctness of line and shape, full stretch in balance elements and stability of static elements. Execution is scored as 0-10.

**Difficulty**

The Difficulty score is determined by consideration of the elements used. A Tariff Sheet is created (by a coach) before the competition to illustrate elements of difficulty. Each skill has a value and these are added together to determine the difficulty score. The maximum for most routines is 10, Senior Elite athletes can earn more than 10 based on the elements performed.

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