

Acrobatics is a sport for both male and female gymnasts. Acrobatics consists of gymnasts either being a base or a top. Bases are supporters, catchers and balancers. Tops balance on the bases and perform multiple somersaults when thrown by their bases.

Acrobatics consists of 3 routines –

A Balance is a routine built to show the gymnasts static strength and flexibility. It must consist of a minimum 2 pyramids in which the gymnasts balance upon one another. The individual skill's the gymnasts must do is to show balance with control, flexibility and agility.

A Dynamic is a routine built to show the gymnasts power. It consists of multiple somersaults both forwards and backwards in a variety of shapes. Some gymnastic skills are to land on the floor and some must be to a catch position, in the bases arms. The individual skills must be flighted elements and a somersault is a requirement.

A Combined routine is a combination of balance and dynamic skills. The gymnasts must show their elegance using balance skills and their power using their dynamic elements.