

ACROSPORT



WHAT IS ACROSPORT?

- Acrosport or Acrobatic Gymnastic is an acrobatic sport practiced with a partner or with a group. The exercises must include a harmonious combination of choreography, collective acrobatic elements (buildings) and individual acrobatic elements (floor acrobatic series), all in perfect synchronization with partners and music”



ACROSPORT 5th grade

ELEMENTS

Acrosport is an acrobatic-choreographic sport that integrates three main elements:

1. Buildings: strength, flexibility and balance are needed to make buildings.
2. Acrobatics: they are used as a transition from one building to another. They include gymnastic elements such as turns, somersaults, handstands, cartwheel, jumps, ...
3. Music: it is a basic element for the performance. It enhances the choreography.

ACROSPORT ROLES

AGILE or TOP

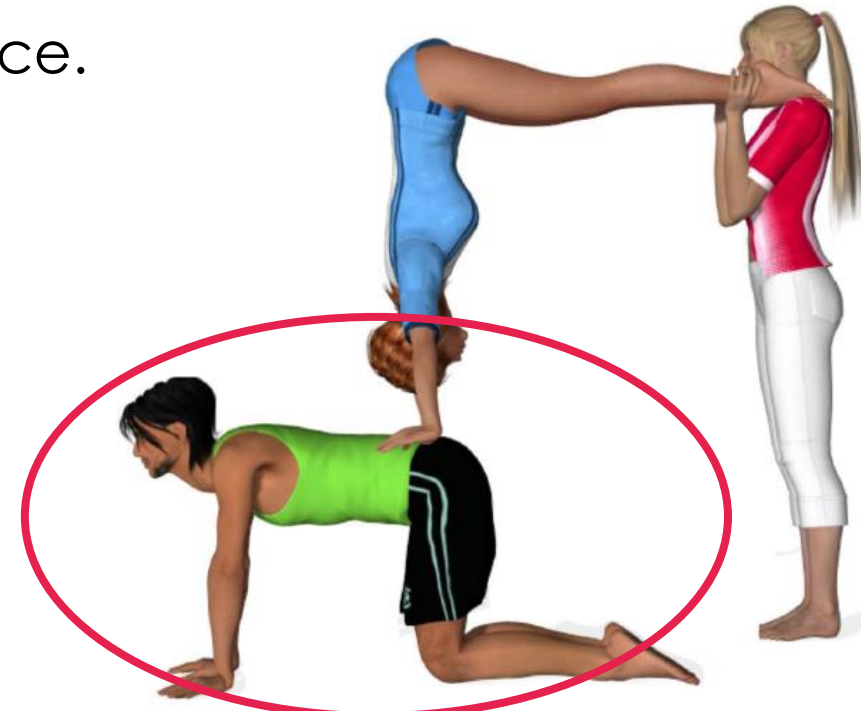


HELPER

PORTOR or BASE

ACROSPORT ROLES

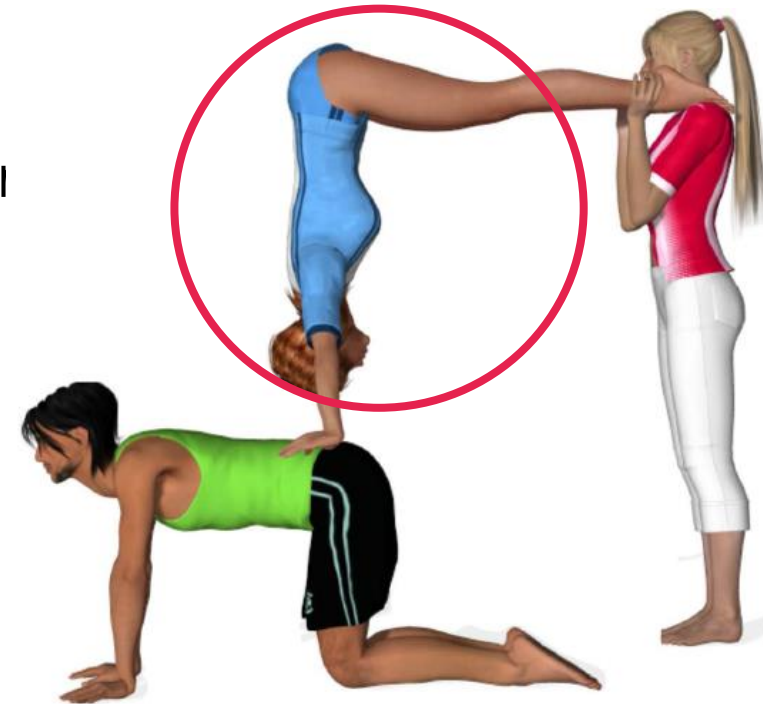
- THE BASE:
 - Strongest and heaviest participants should be the base performers.
 - It is a stable, static or dynamic base on pyramids buildings.
 - Its main features are strength, stability and balance.
 - The base must provide trust to his partners.



ACROSPORT ROLES

- THE TOP:

- It is thinner and smaller than the base.
- Its main features are flexibility, balance and agility.
- It must be courageous and he must trust its partners.
- It is on the top of the pyramids with a balanced or sti

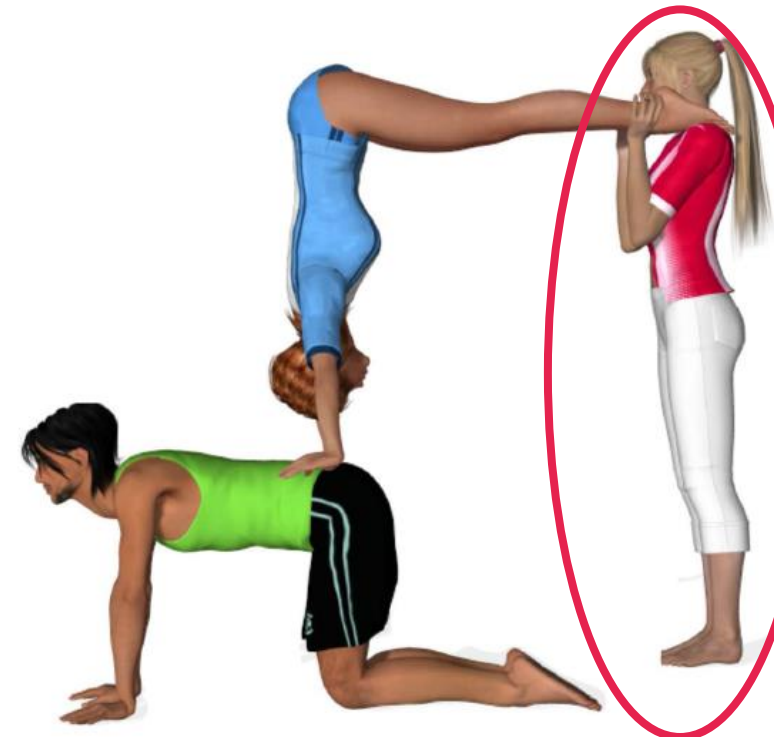


ACROSPORT ROLES

- THE HELPER:

Its job is to help to build the pyramid. It provides security and confidence to his partners. Finally it must be included in the building. It helps:

- Avoiding accidents.
- Decreasing anxiety.
- Giving confidence and collaborating with partners.



BASIC SAFETY RULES

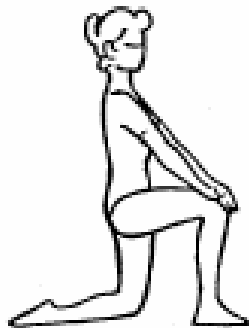
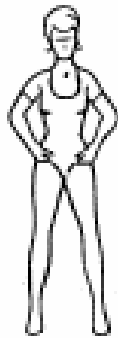
- Acrosport is a fun sport, but can also be dangerous if you aren't concentrated and paying attention. So it's very important to following instructions and don't be playing other games while the figure is being built.



BASIC SAFETY RULES

- THE BASE:

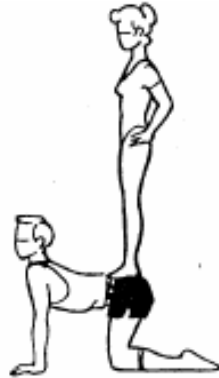
- Your position must be balanced all the time and you should have a position that you could keep a long time.
- For example for the hands-and-knees position your back should be straight and your arms and legs should be parallel.



BASIC SAFETY RULES

- THE TOP:

- In hands-and-knees position top performer must stay over the hip or shoulders so that bodyweight is supported by thighs or arms of the base performer.



- Always keep your back straight. Don't bend your back and keep the muscles tense.

