



SET SOLOS ACRO FLOORWORK

SATURDAY 21ST MARCH 2026



DISCLAIMER

**PARTICIPANTS WHO CHOOSE TO LEARN OR
REPLICATE ANY OF THE FLY HIGH SET SOLOS DO
SO AT THEIR OWN RISK. WHILE FLY HIGH
COMPETITIONS PROVIDES THESE ROUTINES FOR
INSPIRATION AND EDUCATIONAL PURPOSES, WE
ACCEPT NO RESPONSIBILITY FOR ANY INJURIES,
ACCIDENTS OR OTHER ISSUES THAT MAY OCCUR
AS A RESULT OF ATTEMPTING TO PERFORM OR
PRACTICE THESE ROUTINES.**

**IT IS THE RESPONSIBILITY OF EACH INDIVIDUAL
TO ENSURE THEY ARE WORKING WITHIN THEIR
OWN SKILL LEVEL, IN A SAFE ENVIRONMENT,
AND UNDER APPROPRIATE SUPERVISION IF
REQUIRED. FLY HIGH COMPETITIONS CANNOT BE
HELD LIABLE FOR ANY HARM OR DAMAGES
SUSTAINED IN CONNECTION WITH THE USE OR
PERFORMANCE OF THESE ROUTINES.**



REMINDER

THESE VIDEOS FEATURE REAL PEOPLE WHO ARE CURRENTLY PROGRESSING THROUGH THEIR AERIAL & ACRO PERFORMANCE TRAINING JOURNEY AND HAVE GENEROUSLY VOLUNTEERED THEIR TIME TO SUPPORT THE FLY HIGH COMMUNITY.

THE PURPOSE OF THESE VIDEOS IS TO SHOWCASE CHOREOGRAPHY AND MUSICALITY, AND WHILE THE PERFORMERS ARE STILL REFINING THEIR TECHNIQUE & PERFORMANCE, THEIR STRENGTH, DEDICATION AND ENTHUSIASM ARE TRULY INSPIRING TO US ALL.

LOVE FLY HIGH X



WHAT?

ACRO FLOORWORK SET ROUTINES WILL BE PERFORMED BY MULTIPLE COMPETITORS AT THE SAME TIME. JUDGES WILL SELECT CALLBACKS AFTER EACH ROUND UNTIL THE REQUIRED NUMBER OF FINALISTS HAS BEEN DETERMINED. FINALISTS WILL THEN COMPETE TO ACHIEVE THE HIGHEST OVERALL PLACING. THE TOTAL NUMBER OF ENTRIES IN EACH AGE AND ABILITY CATEGORY WILL DETERMINE THE NUMBER OF ROUNDS REQUIRED TO REACH THE FINAL. SOME ROUNDS MAY BE STRAIGHT FINALS, OTHERS MAY REQUIRE SEMI HEATS.

WITH A WIDE RANGE OF CATEGORIES AVAILABLE, THIS DIVISION HAS SOMETHING FOR EVERYONE — FROM BEGINNERS WHO WANT TO BUILD CONFIDENCE AND IMPROVE THEIR FLOOR WORK, RIGHT THROUGH TO ELITE ACROBATS WHO ARE READY FOR A NEW CHALLENGE, DEVELOPING THEIR ARTISTRY.

HOW ITS SCORED

50% TECHNIQUE
50% PERFORMANCE



RULES

- PERFORMERS MUST PERFORM THE ROUTINE IN THE SAME DIRECTIONS AND ORIENTATIONS SHOWN IN THE VIDEO TO AVOID SAFETY RISKS ON THE DAY. ALL PERFORMERS MUST TRAVEL IN THE SAME DIRECTION AS DEMONSTRATED IN THE VIDEO.
- PERFORMERS MUST START ON THEIR DESIGNATED COLOURED SPOT AND RETURN TO THAT SPOT WHEN THE ROUTINE BEGINS AGAIN.
- THE ROUTINE MUST BE REPEATED CONTINUOUSLY UNTIL THE JUDGES STOP THE MUSIC. PRACTISE THIS FOR STAMINA
- SKILLS MAY BE PERFORMED ON EITHER LEG, PROVIDED PERFORMERS CONTINUE MOVING IN THE SAME DIRECTION.
- PREREQUISITE SKILLS MAY BE USED AS ALTERNATIVES AS LONG AS TIMING AND DIRECTION REMAIN THE SAME. PLEASE NOTE THAT CHANGING A SKILL TO ITS PREREQUISITE LEVEL MAY AFFECT YOUR OVERALL PLACING.
- ALL TUTORIALS INCLUDE DEMONSTRATIONS PERFORMED FROM THE FRONT, WHICH WILL NEED TO BE FLIPPED WHEN LEARNING. THE TUTORIAL VIDEO IS ALSO PROVIDED FROM THE BACK AND INCLUDES TIMING AND MUSICALITY.
- PERFORMERS WILL COMPETE ON ACRO MATS.
- COMPETITORS MUST COMPETE IN THE CORRECT SKILL LEVEL. ANY PERFORMER COMPETING IN AN INCORRECT LEVEL WILL BE DISQUALIFIED. SKILL LEVELS MUST BE SELECTED IN ACCORDANCE WITH THE OFFICIAL GUIDEBOOK
- COSTUMES ON THE DAY MUST BE AGE-APPROPRIATE AND SAFE. PERFORMERS ARE REQUIRED TO PERFORM BAREFOOT.



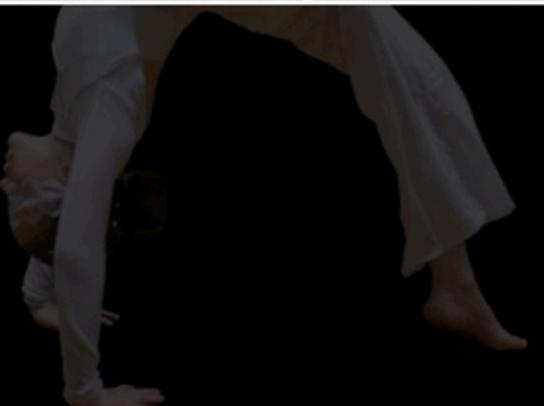
ABILITY GUIDELINE

ACRO ABILITY GUIDELINES

THIS GUIDE IS DESIGNED TO ASSIST YOU IN DETERMINING THE APPROPRIATE LEVEL FOR YOUR ACRO SOLOS AND TEAMS

IF, AFTER REGISTERING AND RECEIVING YOUR SET SOLO CHOREOGRAPHY, YOU FIND THAT A LEVEL CHANGE IS NECESSARY, ADJUSTMENTS CAN BE MADE. HOWEVER, IT IS ESSENTIAL THAT YOU NOTIFY OUR TEAM AS SOON AS POSSIBLE AND PRIOR TO THE PUBLISHED DEADLINE FOR ANY CHANGES.

INTRO ACRO	BUNNY HOPS, FROG JUMPS, ROCK & ROLLS, LOG ROLLS, STRADDLE, PIKE, TUCK, COBRA, BABY BRIDGE, SKIPS, HOPS
BEGINNER ACRO	FORWARD ROLLS, L HANDSTANDS, CARTWHEELS, BRIDGE, ROUND OFF, SHOULDER STAND, LEG LIFTS, TEDDY BEAR ROLLS
INTERMEDIATE ACRO	FRONT LIMBER, FRONT WALKOVER, BACK LIMBER, BACK WALKOVER, POP CARTWHEELS, ONE HANDED CARTWHEELS, HANDSTANDS, HEADSTAND, FOREARM STAND
ADVANCED ACRO	BACK HANDSPRINGS, FLYING CARTWHEEL/ SIDE AERIAL, FLYING FRONT WALKOVER/ FRONT AERIAL, ARABIAN LIMBER,



INTRO FLOORWORK SET SOLO

SONG:
FIREFLIES- OWL CITY

CHOREOGRAPHY NOTES:

START ON COLOURED SPOT
RETURN TO COLOURED SPOT AFTER SKIPS
REPEAT UNTIL THE MUSIC IS STOPPED

CLICK HERE FOR VIDEO

PASSWORD HAS BEEN SENT OUT TO YOUR
INSTRUCTORS & INDEPENDANT ENTRIES

BEGINNERS FLOORWORK SET SOLO

SONG:
ILL BE THERE-
JESS GLYNN

CHOREOGRAPHY NOTES:

START ON COLOURED SPOT
ROLL TO COLOURED SPOT AFTER ARABESQUE
REPEAT UNTIL THE MUSIC IS STOPPED

[CLICK HERE FOR VIDEO](#)

PASSWORD HAS BEEN SENT OUT TO YOUR
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INTERMEDIATE FLOORWORK SET SOLO

SONG:
**STARGAZING-
MYLES SMITH**

CHOREOGRAPHY NOTES:

START ON COLOURED SPOT
RETURN TO COLOURED SPOT AFTER REACHES
REPEAT UNTIL THE MUSIC IS STOPPED

CLICK HERE FOR VIDEO

PASSWORD HAS BEEN SENT OUT TO YOUR
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ADVANCED FLOORWORK SET SOLOS

SONG:
NICE TO MEET YOU
MYLES SMITH

CHOREOGRAPHY NOTES:

START ON COLOURED SPOT
RETURN TO COLOURED SPOT AFTER ARABIAN
REPEAT UNTIL THE MUSIC IS STOPPED

CLICK HERE FOR VIDEO

PASSWORD HAS BEEN SENT OUT TO YOUR
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FIRST AID TEAM

ENTER STAGE HERE

WARM UP AREA

EQUIPMENT STORAGE

BACKSTAGE

PERFORMANCE AREA

TOILETS

ENTRANCE

SIGN IN

COLLECT SOLO NUMBERS

FLY HIGH MERCH STALL

PHOTOGRAPHY

CAFE

TIERED SEATING

TIERED SEATING

TIERED SEATING



SEE YOU
IN MARCH!

TEAM FLY HIGH
COMPETITIONS
X

