

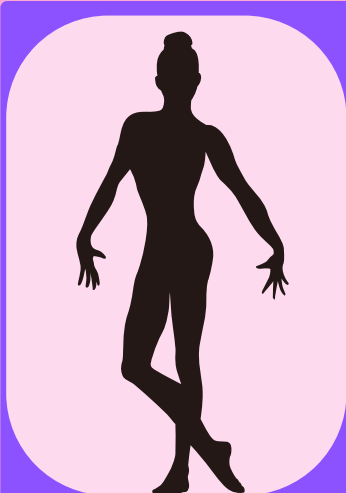
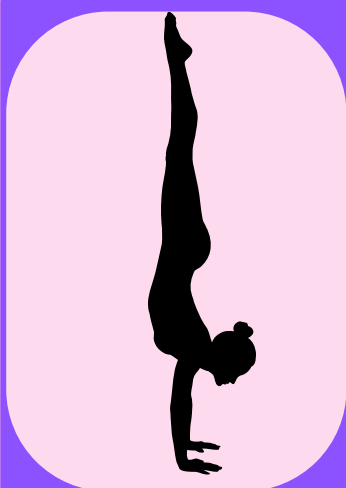


# SET SOLOS ACRO FLOORWORK

SATURDAY 21ST MARCH 2026



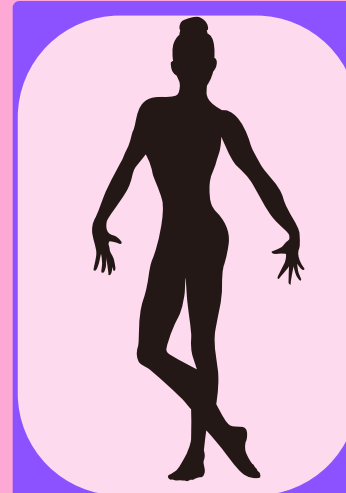
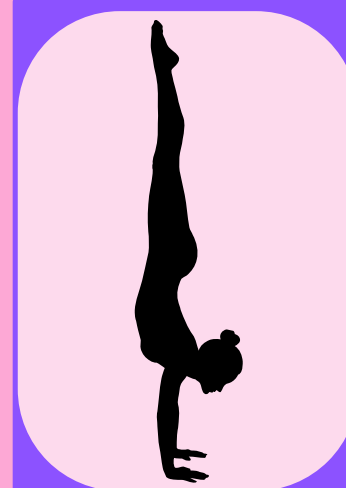




# DISCLAIMER

**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.**





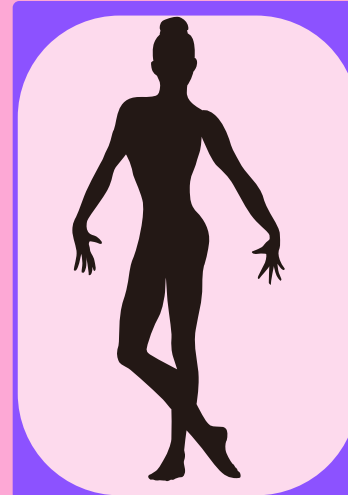
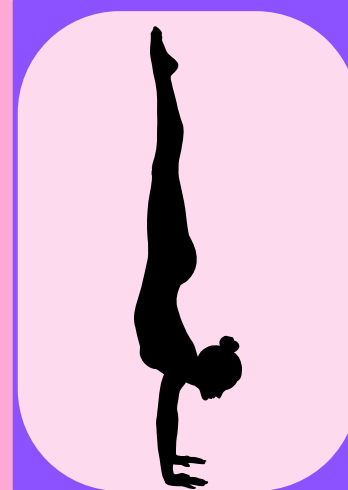
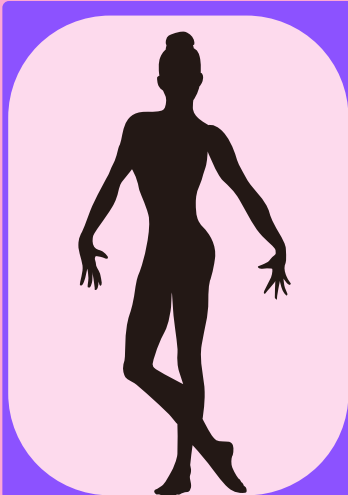
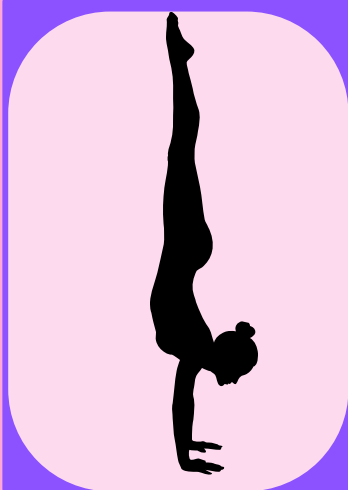


# REMINDER

**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







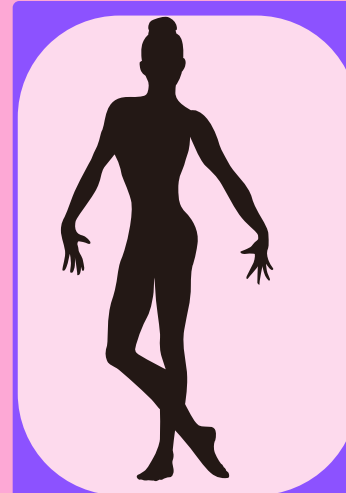
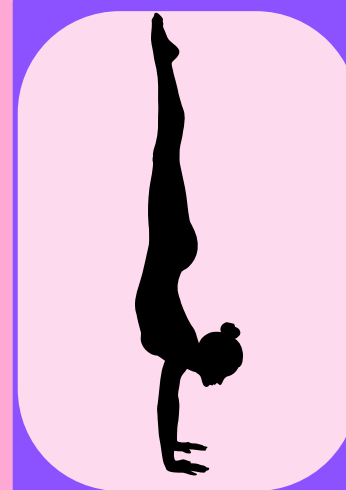
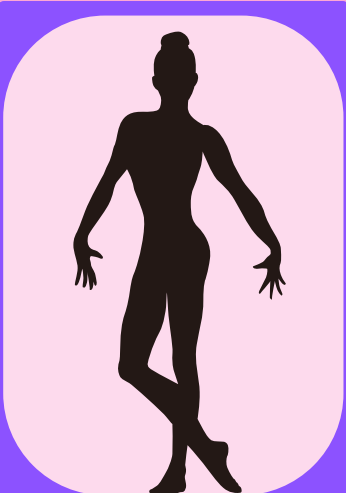
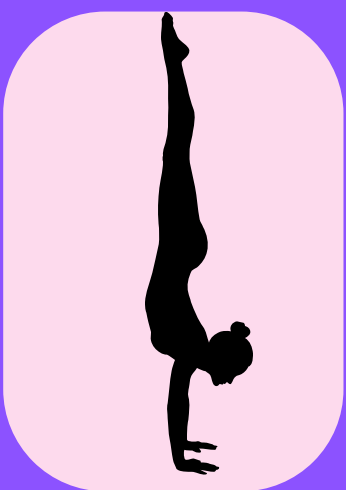
# WHAT?

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

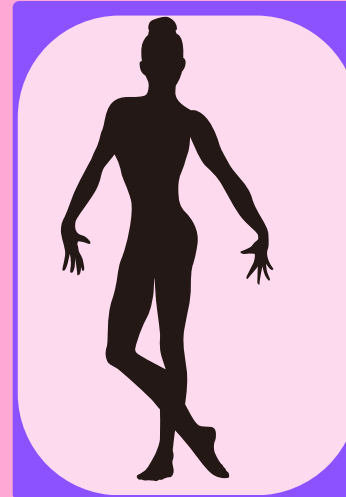
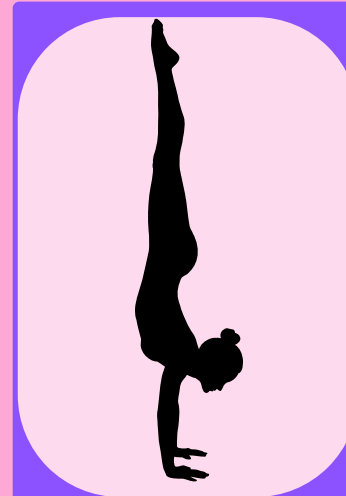
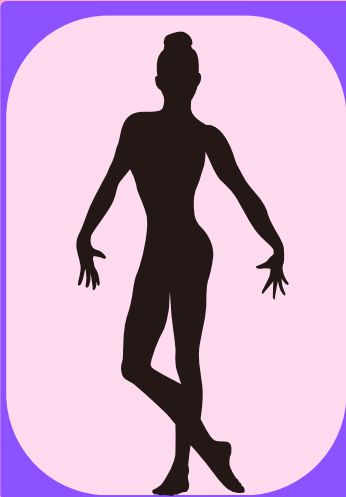
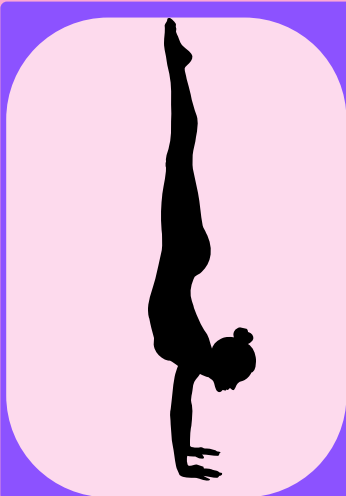




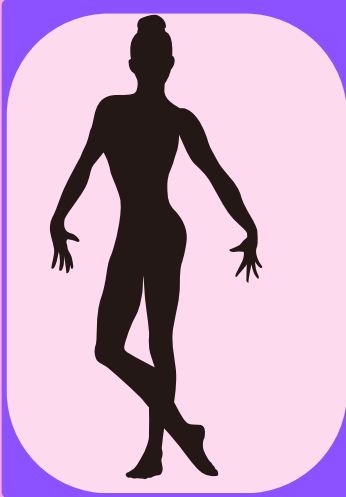
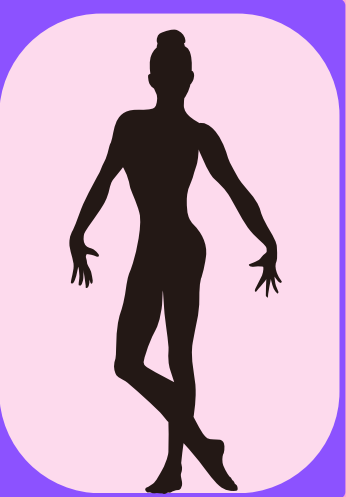
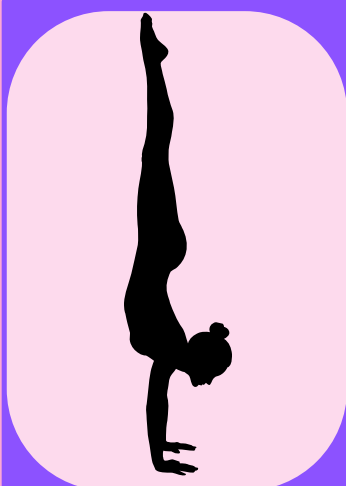
# RULES




- 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.









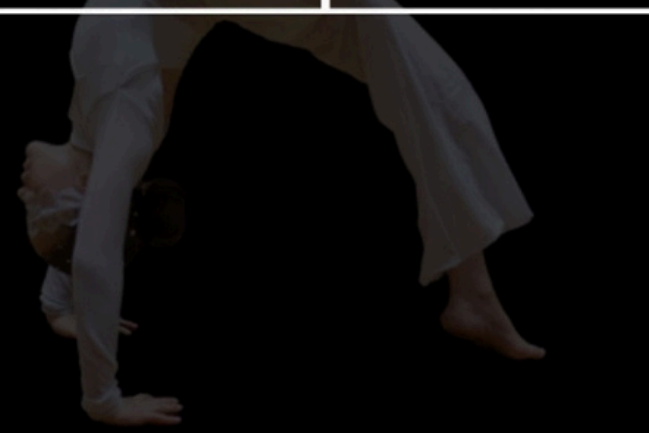
## ABILITY GUIDELINE

### 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.

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

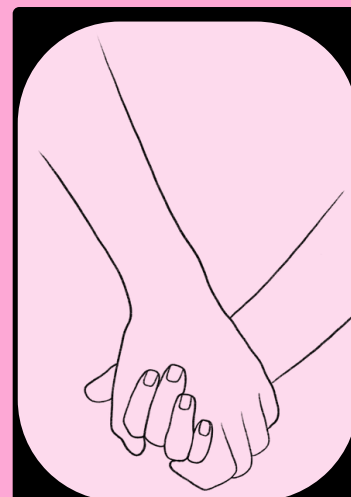
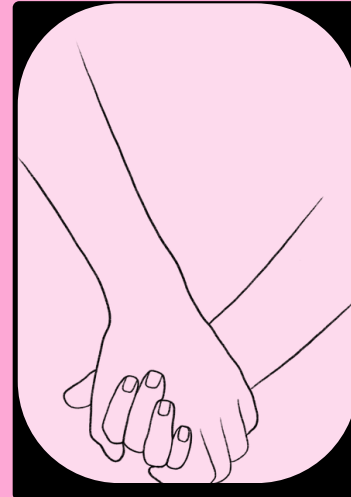
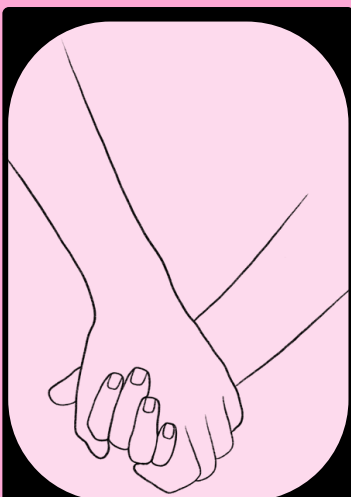
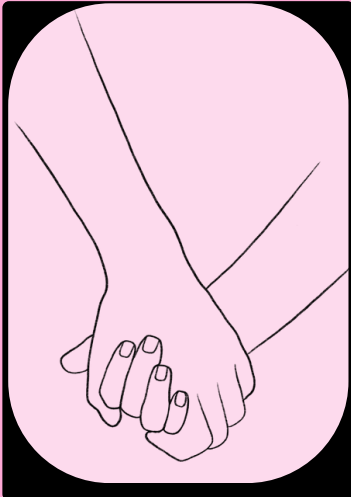
SONG:  
ILL BE THERE-  
JESS GLYNN

## CHOREOGRAPHY NOTES:

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

[CLICK HERE FOR VIDEO](#)

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# INTERMEDIATE FLOORWORK SET SOLO

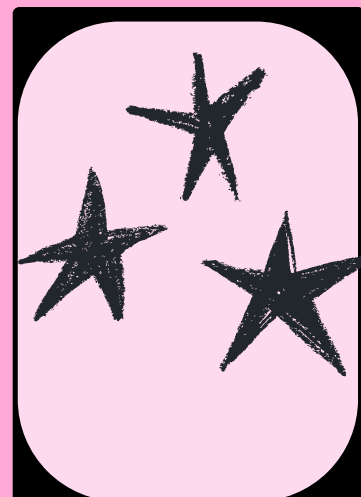
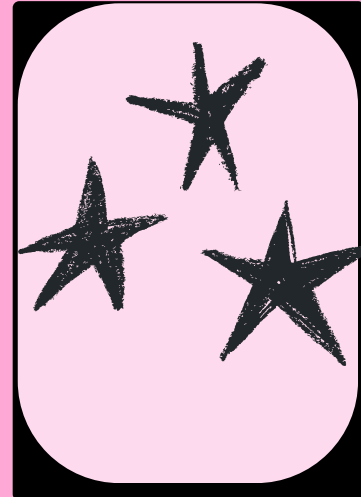
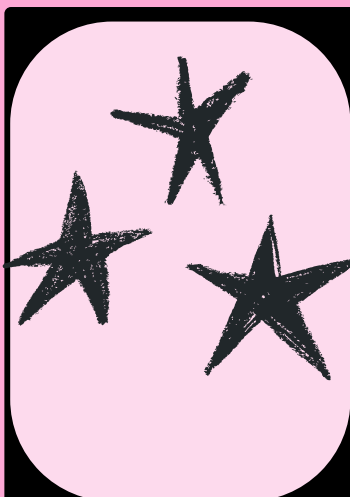
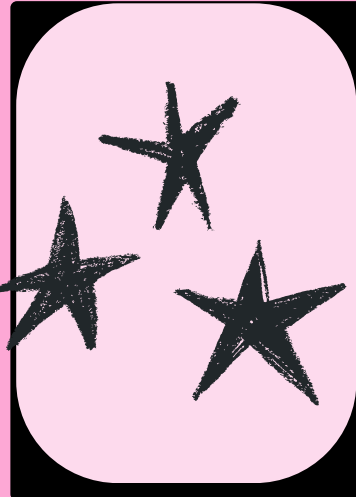
**SONG:**  
**STARGAZING-**  
**MYLES SMITH**

## CHOREOGRAPHY NOTES:

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

**CLICK HERE FOR VIDEO**

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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

TOILETS

ENTRANCE

ENTER STAGE HERE

WARM UP AREA

EQUIPMENT  
STORAGE

BACKSTAGE

PERFORMANCE  
AREA

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**

