



Adult Open Competition 2025 Acrobatic Handbook

Entry Instructions

All entries for this competition are made via our website: www.react-club.com. You can find the entry form under the 'competition registration' tab. An online handbook for all disciplines can also be found on our website under this tab.

Categories - Age Bands

Each competitor will receive an age bonus determined by their age. A competitor's age will be calculated as their age reached in the year of the competition. The aggregate age bonus for a partnership will be added to the partnership's total score for their routine.

Age	18-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65+
Age Bonus	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0

Categories

All competitors are required to perform a combined exercise only. The exercise should be composed of 5 elements (either 3 balance and 2 dynamic or 2 balance and 3 dynamic). Each balance element should be held for 3 seconds.

All routines have a maximum time limit of 2 minutes and will be judged for artistic merit (appendix 1).

Please refer to the diagrams in the Adult British Acrobatic Handbook 2024 where the difficulty values are stated with a guide of the general shapes. The difficulty value will be calculated according to the column it falls in and will be added together to provide the total difficulty for the exercise. If you have any issues accessing this, please let us know.

Individual elements may be performed (maximum 3) but are not required. They will not receive any difficulty value and will incur execution deductions.

The competition will consist of five categories:

1. Men's Pair
2. Women's Pair
3. Mixed Pair
4. Women's Group
5. Men's Group

Appendix 1

PARTNERSHIP	No	Moderately	Yes	
Is there an acceptable level of maturity between all partners?	0.0	0.2	0.4	=
Is there a good level of technical and physical preparation between all partners?	0.0	0.1	0.3	
Is there a visible consistent connection between all partners?	0.0	0.1	0.3	
PERFORMANCE				
Is the flow continuous throughout?	0.0	0.1	0.3	=
Do all the partners have great amplitude in the exercise?	0.0	0.1	0.3	
Is there synchronization between all partners throughout?	0.0	0.1	0.3	
Is it original choreography?	0.0	0.1	0.3	
Does the partnership create a personal identity ?	0.0	0.1	0.3	
EXPRESSION				
Do all partners project the emotion of the exercise?	0.0	0.2	0.4	Page 2 =
Do they maintain the emotion throughout the exercise?	0.0	0.1	0.3	
Is there harmony of the expression between the partners?	0.0	0.1	0.3	
CREATIVITY				
Do they show originality and inventiveness in the overall exercise?	0.0	0.2	0.4	=
Do they have special/different ways to get in and out of elements?	0.0	0.1	0.3	
Do they show a variety of elements and perform rarely staged elements ?	0.0	0.1	0.3	
MUSICALITY				
Is the choreography in harmony with the music throughout?	0.0	0.2	0.4	=
Is the exercise performed without and interruption between choreography and elements?	0.0	0.1	0.3	
Are the musical sentences, accents respected and used throughout?	0.0	0.1	0.3	
TOTAL SCORE =				5.0 +

The Total Artistry Score is the sum of the 5 categories + 5.0.

Reference Range of Artistic Score:

- Perfect routines - Score between 9.6 to 10.0
- Excellent routines - Score between 9.0 to 9.5
- Very Good routines - Score between 8.0 to 8.9
- Good routines - Score between 7.0 to 7.9
- Satisfactory routines - Score between 6.0 to 6.9
- Poor routines - Score between 5.0 to 5.9