

Stuntnastics Routines

Stuntnastics routines will be 1 min to 1:30 seconds in length, performed on the 10m x 10m mats. It displays acrobatic tumbling and balances linked together with fluent movements (travels and jumps) all of which is done to music.

Stuntnastics routines will consist of:

- 25% statics (scales, headstands, landings, etc.)
- 25% rotations (tumbles, rolls, etc)
- 25% pyramids (2 or more people)
- 25% travels (bear walk, tip toes, crawling and so forth)

Stuntnastics routines may also be done:

- as individuals
- as pairs
- as triples
- as quads
- as quints

Stuntnastics routines must show:

- a good use of all the mat
- a good joining of all movements
- a variation in temps (fast/slow)
- a variation in elevation (low/high)
- an involvement of all members abilities :
 - power moves,
 - flexibility moves,
 - strength moves

Hints: *Identify stunts that can be done – put these together in “tumbling lines” – practice thes lines –choose music!*