



ABOUT ACROBATICS & TUMBLING (A&T):

- A&T is a discipline of USA Gymnastics. The National Collegiate Acrobatics and Tumbling Association (NCATA) is the governing body of collegiate Acrobatics & Tumbling (A&T).
- A&T is recognized as an NCAA emerging sport in all three NCAA divisions – DI, DII, DIII.
- Acrobatics & Tumbling is the evolution of different forms of gymnastics. The sport involves tumbling, tosses, acrobatic lifts and pyramids.
- Competitors in this sport demonstrate significant strength, power, flexibility, and balance in their skill set.

COMPETITIONS AND TRAINING:

- A competitive season for an A&T team consists of six to ten meets in a head-to-head competitive format against other varsity collegiate A&T teams.
- NCATA meets include six events – Compulsory, Toss, Acro, Pyramid, Tumbling and Team – with a total of 20 heats and ample opportunities to specialize in events.
- The scoring system includes pre-determined start difficulty values for each skill in each round for consistent scoring by officials.
- Athletes train in a typical year round collegiate model of training, including skill development and a sport specific strength and conditioning regimen.

COMPETING AS VARSITY ATHLETES:

- The all-female A&T teams are recognized and treated as fully sponsored varsity sports at their respective institutions and operate in compliance with NCAA rules and regulations.
- The ideal roster size is 30-45 women. There are 28 spots on the game day roster.
- Athletic scholarships are available at DI and DII institutions. A&T uses the NCAA equivalency model for scholarships, more commonly referred to as partial scholarships.
- Academic scholarships are available at DI, DII and DIII institutions. Inquire with coaches to find out what may be available at their school.

RECRUITMENT:

- Safely create video clips showcasing your skills and compile them on an Instagram or YouTube.
- Complete the recruiting questionnaire's found on each teams athletics department webpage.
- Contact coaches directly for more information or with questions. Be aware of recruiting restrictions that may limit contact from coaches depending on the athlete's age.

VISIT THE NCATA WEBSITE:

- Visit member pages with links to member school websites.
- Learn more about the recruiting process under the Become A Student-Athlete Member.
- Find more sport information via the This is Acrobatics & Tumbling menu, including a video series called Skill Shorts and a printable list of Compulsory Skills.

<http://thencata.org/>

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