

A resource for
club owners



How to Start an Acrobatics & Tumbling Program

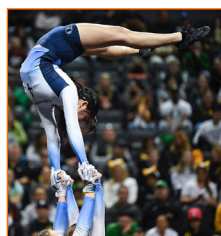
What is Acrobatics & Tumbling?

Acrobatics & Tumbling (A&T) combines skill sets currently practiced in artistic, acrobatic, trampoline and tumbling, all internationally recognized and competed disciplines of gymnastics. Within USA Gymnastics, A&T is part of Gymnastics for All, a comprehensive grassroots program open to all ability levels.

The Acrobatics and Tumbling Development Program has four Levels, Levels 1 through 4, with competition taking place on local, regional and national levels, including the USA Gymnastics for All National Championships and Gymfest. Meets are exciting, fast-paced, and fan-friendly. Each meet is held as a contest between 2 or more teams. Levels 1 and 2 compete in the compulsory events which include Acro, Pyramid, Toss, Tumbling and Team. Levels 3 and 4 follow the traditional collegiate format: Compulsory, Acro, Pyramid, Toss, Tumbling, and Team Event.

Teams are evaluated in each heat by a panel of officials, receiving a score based on starting difficulty values and execution of declared skills. The team with the highest overall score is declared the winner.

Why should I start an A&T program at my gym?



An A&T program provides club owners with a potential stream of new athletes, as well as a pathway for retaining athletes from other disciplines who may have peaked in other competitive programs. Among other benefits for club owners, A&T:

- Drives new revenue
- Retains current members
- Has minimal equipment needs
- Provides revenue streams and facility use in the off-season
- Provides training/preparation, education, and opportunities for collegiate level A&T

Who can do Acrobatics & Tumbling?

Any female athlete with interest in pursuing the sport, trying new skills and work in a large team environment.

What do I need to start an A&T program?

- Minimum requirement of at least 1.38 inch carpet bonded foam at 40 X 40 feet dimension (or 12 meters square), carpet placed over foam matting meeting the thickness requirement (as also seen in competition artistic gymnastics floor matting) or a spring floor.
- A spring floor is required at nationals.
- A second floor or additional carpet bonded foam strips are optional.

How to Start an Acrobatics & Tumbling Program



"I started an A&T program at our gym four years ago and it has opened huge doors for growth for us. Thanks to the program, we were able to keep our doors open during the pandemic because of the additional income that is generated monthly. We have also been able to retain our high school aged athletes that were looking for something different. I fell in love with A&T and want to share it with parents, athletes and gym owners everywhere."

– Tracy Cowan –

Zero Gravity Gymnastics Academy, Club Owner

Why would an athlete want to do A&T?

Any female athlete, especially those from gymnastics disciplines, make great A&T athletes. Other benefits include:

- A&T is an NCAA emerging sport, with varsity college scholarships available
- Has a fun, exciting team atmosphere that emphasizes teamwork
- The excitement level keeps interest high
- Its inclusive nature presents a new challenge for athletes that already possess the necessary skill set
- Increase progression of skill sets as the sport continues to grow
- Athletes can be specialist – participate in heats/events based on their strengths



What is A&T training like?

Levels 1-2: 2-3 days/week • 4-8 hours
Levels 3-4: 2-4 days/week • 6-12 hours

What and where are the competitive opportunities for A&T?

- A list of USA Gymnastics Acrobatics and Tumbling sanctioned meets can be found on the USA Gymnastics website under Gymnastics for All:
usagym.org/pages/group/pages/calendar
- NCATA meet schedule:
thencata.org/calendar.aspx?path=acrobaticstumbling

OK, I've started an A&T program. How do I grow it?

- Host clinics & camps for athletes, parents and coaches
- Market to local elementary and secondary schools
- Social media campaigns
- Partner with local colleges that offer A&T program
- Performances with local high schools & colleges (all sports), fairs, etc.
- Free trials
- Open houses with demonstrations

Where can I find more resources?

- The USAG A&T development program:
usagym.org/pages/group/pages/rules_atdev
- NCATA: thencata.org