ACROBATICS & TUMBLING DEVELOPMENT PROGRAM

Rules & Policies

USA Gymnastics

November 2024

TABLE OF CONTENTS

ARTICLE I. USA GYMNASTICS MEMBERSHIP 6

1.01 ATHLETE MEMBERSHIP 6

1.02 MEMBERSHIP AND RESPONSIBILITIES 6

1.03 OTHER USA GYMNASTICS MEMBERSHIPS AND EDUCATIONAL PROGRAMS 7

ARTICLE II. RIGHTS AND OBLIGATIONS OF ATHLETES 7

2.01 ATHLETE'S RIGHTS 7

2.02 ATHLETE'S OBLIGATIONS 7

ARTICLE III. USA GYMNASTICS GOVERNANCE DOCUMENTS 8

3.01 CODE OF ETHICAL CONDUCT *(UPDATED: DECEMBER 2021)* 8

3.02 ATHLETE BILL OF RIGHTS 9

3.03 ETHICAL OBLIGATIONS OF MEMBERS 9

3.04 REPORTING AND RESOLVING ETHICAL ISSUES 12

3.05 ANTI-RETALIATION AND ADDITIONAL RESOURCES 12

3.06 USA GYMNASTICS SAFE SPORT POLICY (NOVEMBER 2021) 13

ARTICLE IV. MISSION & GOALS 13

4.01 MISSION STATEMENT 13

4.02 GOALS 13

ARTICLE V. PROGRAM DESCRIPTION 13

5.01 ACRO DESCRIPTION 13

5.02 PYRAMID DESCRIPTION 14

5.03 TOSS DESCRIPTION 14

5.04 TUMBLING DESCRIPTION 14

5.05 TEAM EVENT DESCRIPTION 14

5.06 DIVISIONS AND AGE GROUPS (ALL OPEN TO FEMALE AND/OR MALE ATHLETES) 14

5.07 CROSSOVER ATHLETE POLICY 15

ARTICLE VI. SCORING PRINCIPLES & QUALIFYING PROCEDURES 16

6.01 SCORING PRINCIPLES 16

6.02 SCORE SHEET REQUIREMENTS 16

6.03 SCORING PROGRAM AND VERIFICATION OF SCORES 16

6.04 START VALUES 16

6.05 QUALIFYING PROCEDURE 16
ARTICLE VII. GENERAL REGULATIONS **17**
7.01 COACHES REGULATIONS 17
7.02 JUDGES REGULATIONS USA GYMNASTICS MEMBERSHIP 18
7.03 ATHLETES REGULATIONS 21
7.04 FLOOR MAT REGULATIONS 21
7.05 PRESENTATION GUIDELINES 21
7.06 MUSIC REQUIREMENTS 21
7.07 INJURY PROTOCOL 22
ARTICLE VIII. EVENT HOSTING REGULATIONS & GUIDELINES **22**
8.01 HOSTING CRITERIA 22
8.02 SANCTIONED EVENT MINIMUM MEDICAL REQUIREMENTS 22
8.03 COMPETITION FORMAT 23
8.04 AWARDS CRITERIA 25
8.05 EVENT FINALS – LEVELS 3 & 4 ONLY 26
ARTICLE IX. FORMS **26**
9.01 TEAM A&T JUDGE INVOICE 26
DESCRIPTION OF PROGRAM **28**
LEVELS 1 & 2 28
LEVELS 3 & 4 28
MEET FORMAT **29**
DIVISIONS **31**
COMPULSORY EVENT (LEVELS 1 – 4) **32**
DESIGNATED COUNTER 32
LEVEL 1 COMPULSORY – SKILLS, SPACING & COUNT SHEETS 33
LEVEL 2 COMPULSORY – SKILLS, SPACING & COUNT SHEETS 40
LEVEL 3 COMPULSORY – SKILLS, SPACING & COUNT SHEETS 48
LEVEL 4 COMPULSORY – SKILLS, SPACING & COUNT SHEETS 56
ACRO EVENT (LEVELS 3 & 4 ONLY) **64**
EVENT REQUIREMENTS 64
TABLE OF ELEMENTS 65
PYRAMID EVENT (LEVELS 3 & 4 ONLY) **70**
EVENT REQUIREMENTS 70

TABLE OF ELEMENTS 70
TOSS EVENT (LEVEL 3 & 4 ONLY) 73
EVENT REQUIREMENTS 73
TABLE OF ELEMENTS 73
TUMBLING EVENT (LEVELS 3 & 4 ONLY) 74
EVENT REQUIREMENTS 74
TABLE OF ELEMENTS 75
TEAM EVENT (LEVELS 1-4) 77
MUSIC REQUIREMENTS 77
LEVEL 1 & 2 REQUIREMENTS 78
LEVEL 3 & 4 REQUIREMENTS 79
START VALUE CALCULATION (LEVEL 3 & 4) 84
STANDING TUMBLING TABLE OF ELEMENTS (LEVEL 3 & 4) 85
DEDUCTIONS 87
APPENDIX 88
RESOURCE LINKS 88
ABBREVIATIONS 88
DEFINITIONS 89

This document will govern rules for the **2024-25** Acrobatics & Tumbling Development Program season. As the sport is still evolving, the rules are currently evaluated annually based on feedback from coaches, clarifications, and efforts to develop efficiencies for meet management. This document includes significant modifications including but not limited to addition of spacing guidelines, modifications to compulsory count sheets, etc. Please review this document in full for complete rules for the 2024-25 season.

Acrobatics & Tumbling Development Program Committee

Tracy Cowan, Chairman
Jennifer Walker, Member
Cindy Miller, Member
Chevonne White, NCATA
Claire Cupples , Athlete Representative
Sophia Gardner, Athlete Representative

Clubs interested in adding a youth Acrobatics & Tumbling program may contact GFA Technical Director, Lori Laznovsky (llaznovsky@usagym.org).

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Article I. USA Gymnastics Membership

All participants in a USA Gymnastics sanctioned event must be pre-registered using the USA Gymnastics Meet Reservation system. Any participant who is unable to be verified as a current USA Gymnastics member in good standing will be ineligible to participate in any USA Gymnastics sanctioned event. In addition, any and all athletes who wish to compete at USA Gymnastics sanctioned events must be affiliated with a current USA Gymnastics Member Club. An athlete must be coached by a Competitive Coach of the same affiliated club, with the exception of an emergency situation.

Current membership types and requirements for the 2023-2024 season can be found online here.

1.01 Athlete Membership

a) Athlete membership is effective once a USA Gymnastics Athlete membership has been purchased for the current season.

b) Athlete member numbers are effective only after:

- Athlete membership fee is paid.
- The online membership registration and/or membership application form is received fully completed with all required information and signatures.
- Athlete members 18 years old and older must complete the U110: U.S. Center for SafeSport Core Training. Athlete memberships will go into a pending status if this course is not complete once the athlete turns 18.

c) Member benefits are paid out upon receipt of application; therefore, memberships are nonrefundable and nontransferable.

d) The Athlete membership is valid for one competitive year, from August 1 through the following July:

- Members joining at any time during the year will receive benefits for the remainder of the competitive year.
- All Athlete memberships are automatically null and void each July 31.

e) Membership forms are available online at usagym.org/forms. For more information regarding Athlete membership terms, conditions, and registrations, contact Member Services at 800-345-4719 or via e-mail at membership@usagym.org.

f) In order for an athlete to compete, they must be affiliated with a member club of USA Gymnastics.

1.02 Membership and Responsibilities

a) For information regarding membership terms, conditions, and registration, please contact Member Services at 800- 345-4719 or via e-mail at membership@usagym.org.

b) Member benefits are paid out upon receipt of application; therefore, memberships are nonrefundable and nontransferable.

c) Information about the various certifications, programs, and accreditations for members is offered in the USA Gymnastics University is available online at: usagymnasticsuniversity.org.

d) Competitive Coach members coaching at sanctioned events must have a minimum certification level of instructor Certified in USA Gymnastics University. Instructor Certification can be achieved by completing the U100 Fundamentals of Gymnastics Instruction course.

e) The following membership roles are permitted to be on the floor of a USA Gymnastics sanctioned event, so long as the member is in good standing and all membership requirements are complete:
- Competitive Coach
- Judge
- Meet Director
- Photographer/Videographer
- Medical
- Volunteer
- Athlete

1.03 Other USA Gymnastics Memberships and Educational Programs

For a complete and up-to-date list of other available memberships, various certifications, programs, and accreditations for members, please visit the USA Gymnastics Member Services website.

Article II. Rights and Obligations of Athletes

2.01 Athlete's Rights

The athlete has the right to:

a) Compete in a meet if all requirements for eligibility have been met and the athlete has been properly entered. Local meets are considered invitational.
b) Enter any sanctioned meet when affiliated with a club. The athlete must also be accompanied by a USA Gymnastics Professional Member of Gymnastics for All who is properly certified.
c) Use the facilities and services of any person connected officially with the meet.
d) Expect courteous and respectful treatment from all participants and meet personnel.
e) Expect that the competition site and equipment provide a safe and adequate environment.
f) Repeat an exercise in total or from the point of interruption if equipment failure occurs. The decision to repeat must be made prior to the flashing of the score.

2.02 Athlete's Obligations

The athlete is obligated to:

a) Be a properly registered Athlete Member with USA Gymnastics and be prepared to show his/her membership card.
b) Follow the USA Gymnastics Code of Ethical Conduct and Safe Sport Policy.
c) Be competent at the level at which he/she is competing.
d) Be familiar with the rules of the meet and schedule of competition. Be ready for competition on time. Those who miss their turn will not be allowed to compete.
e) Be present at the site of the meet for sufficient warm-up.
f) Remain in the area of competition designated for athletes, as competitors or observers.
g) Wear the proper attire for training, warm-ups and competition as well as opening and closing ceremonies and awards presentations.

h) Refrain from wearing jewelry and other prohibited accessories.
i) Wear hair secured away from the face and according to the rules.
j) Perform to the best of his/her abilities.
k) Accept the received score without criticism or comment.
l) Be courteous, respectful, and polite to all meet officials and other participants. Turn off all cell phones (or set on vibrate mode) while in the "field of play" to avoid disturbing the competition.
m) Be aware that infringement of obligations could lead to deduction and/or expulsion by the Meet Director or Head Judge.
n) Athlete's Oath:

As a member of USA Gymnastics, I understand that USA Gymnastics is dedicated to the safe development of the Gymnastics for All discipline throughout the United States. I promise to abide by all rules and regulations of USA Gymnastics and the Acrobatics and Tumbling Development Program and to conduct myself in a safe and courteous manner at all times.

Article III. USA Gymnastics Governance Documents

3.01 Code of Ethical Conduct *(updated: December 2021)*

Introduction

Every USA Gymnastics ("USAG" or "USA Gymnastics") member has the power and the responsibility to shape the culture within our sport. By practicing our shared values, and staying focused on our highest priority – the safety and well-being of our athletes – we can promote an environment that empowers and supports athletes, and makes participation in the sport a positive and rewarding experience for all members.

The USA Gymnastics Code of Ethical Conduct (the "Code") is our collective commitment to work ethically in all instances. It offers a tangible way to put our values into practice, and guidance in situations that have potential or actual ethical implications. Ultimately, the effectiveness of the Code depends on a personal commitment from every member of the gymnastics community.

This Code is divided into three sections: (1) the Athlete Bill of Rights; (2) Ethical Obligations; and (3) Resolution of Ethical Issues. The Code does not address misconduct or abusive behaviors. Instead, the USA Gymnastics Safe Sport Policy provides the definitions and mandatory reporting requirements for misconduct and abuse.

All members, employees, volunteers, board members, committee and task force members of USA Gymnastics and contractors (collectively, "members of USA Gymnastics" or "members"), are required to implement and adhere to this Code.

Members of USA Gymnastics are also required to accept the requirements of and comport themselves in accordance with (a) the rules, policies, and procedures of USA Gymnastics and the United States Olympic and Paralympic Committee ("USOPC"); (b) the Olympic Movement Code on the Prevention of the Manipulation of Competitions; and (c) all applicable state and local laws.

3.02 Athlete Bill of Rights

All members of USA Gymnastics are committed to ensuring that athletes have a safe, inclusive, and supportive environment in which to train and compete, and that each athlete has the ability to:

1. **Participate in gymnastics:** Gymnastics is inclusive and open to everyone. All athletes have the right to participate, regardless of their age, race, ethnicity, gender, sexual orientation, gender identity, mental or physical disability, national origin, religion, or any other basis proscribed by law. Athletes have the right to participate at a level commensurate with their maturity and ability and will be given an equal opportunity to strive for success.
2. **Train and compete safely:** Safety is paramount. All athletes have the right to:
    - Participate in an environment that is free from emotional, sexual, or physical abuse;
    - Train and compete in a safe environment, free from inappropriate physical hazards, bullying, hazing, harassment, stalking, violence, or similar threats; and
    - Train and compete on equipment that is clean, appropriately fitted, and properly maintained.
3. **Have their personal health and wellness prioritized:** Athletes have the right to pursue a healthy lifestyle that includes proper nutrition, mental health support, injury prevention and care, and necessary rest and recuperation, especially when healing from injury.
4. **To be treated with dignity and respect:** Athletes have the right to be treated fairly and with dignity and respect. They have the right to make mistakes and fail without fear. They have the right to be respected, encouraged and supported appropriately by other athletes, parents, coaches, judges, spectators, event officials and those in positions of authority.
5. **Receive proper instruction:** Athletes have the right to:
    - Be coached by individuals who are knowledgeable and have received appropriate training.
    - Be properly prepared for participation by those in positions of authority, including coaches, club owners, and administrators.
    - Question or report improper behavior or violations of the Safe Sport Code, including of coaches or club owners, without fear that doing so will negatively impact their participation or success.
    - All athletes (and particularly minor athletes) are entitled to have their parents observe coach/athlete interactions.
6. **Integrity and Transparency:** Athletes have the right to fair and transparent procedures and policies within their discipline – including selection procedures – that demonstrate integrity and are free from conflicts of interest, impropriety, and favoritism.
7. **Provide input on matters that directly affect them:** Athletes have the right to provide input, and have their voices respected, in matters that directly affect them.
8. **Voice opinions on issues that affect the gymnastics community:** Athletes have the right to respectfully express themselves on issues that impact the gymnastics community, with the confidence that doing so will not jeopardize their ability to participate and/or negatively impact their success.

The foundational philosophies of this Bill of Rights are separate from, but intended to guide, the responsibilities of each individual member included in the Ethical Obligations of Members (below), the Safe Sport Policy, and the Speak Up Policy. Ethical Obligations should be interpreted with these principles in mind.

3.03 Ethical Obligations of Members

a) Promotion of a Safe, Positive and Healthy Environment for All

Members have an ongoing obligation and commitment to ensure a safe and healthy environment for all gymnastics participants. Consistent with this obligation, members must:

- Make decisions in the best interest of athletes.
- Maintain a safe training and competing environment.
- Promote a culture of trust and empowerment.
- Respect the fundamental rights, dignity, and worth of all participants.
- Encourage a healthy lifestyle and support nutritional well-being.
- Promote and respect all Safe Sport principles.

b) Commitment to Integrity

Members have a responsibility to uphold the integrity of the sport and to act honestly, openly, fairly, and competently. Members must:

- Be knowledgeable of, understand, and follow USA Gymnastics rules and policies, and refrain from knowingly misrepresenting or misinterpreting such.
- Promote fair play.
- Maintain respect on the floor and refrain from intimidating, embarrassing or improperly influencing any individual responsible for participating in, judging, or administering a competition.
- Follow the established procedures for challenging a competitive result.
- Make honest certifications regarding compliance with USA Gymnastics' policies, procedures or membership requirements.
- Avoid engaging in business practices directed toward another Member that are known to be or are determined by a court or similar adjudicatory body to be, unethical, illegal or a breach of contract.

c) Participation and Inclusion

Members have the right to participate in any USA Gymnastics activity or event for which the member is properly qualified under the rules of that activity or event and may participate to the best of his/her abilities at his/her discretion:

- Members may not knowingly participate in, or cause others to participate in, any activity or event where that individual is inadequately prepared or unable to participate safely.
- Members must promote positive participation and avoid behavior that is likely to interfere with the orderly conduct of the activity or other members' participation in, or enjoyment of, an activity or event.
- Members must respect the rights and opinions of others.
- Members must facilitate cooperation in order to serve athletes and other participants effectively and appropriately.
- Members must promote inclusion and an environment free of discrimination. Members may not:
    - Restrict the ability of a member to qualify for or participate in competition because of the member's association with a particular organization or individual or because of that Member's race, sex, creed, sexual orientation, gender identity, age, national origin, mental or physical disability, or any other basis proscribed by law.
    - Discriminate in the allocation of resources or opportunities to any member or prospective member on the basis of race, sex, creed, sexual orientation, age, national origin, mental or physical disability, or any other basis proscribed by law.

d) Communication

Members of USA Gymnastics have a duty to communicate honestly and openly and must:

- Respect the voice of athletes, particularly in matters that affect them.
- Strive to promote the sport and athletes.
- Provide all information and resources necessary to enhance a gymnast's enjoyment of the sport or reduce their risk of injury or illness.
- Refrain from unsportsmanlike comments or behavior.
- Address differences in a calm and respectful manner.
- Clearly communicate roles, responsibilities and expectations.
- Avoid making false or misleading claims; or, falsify, or omit any information, record or document or other evidence for any purpose.
- Accurately represent competitive achievements, professional qualifications, education, experience, eligibility, criminal record and other misconduct, and/or affiliations.

e) Concern for the Welfare of Others

Members shall seek to contribute to the welfare of gymnastics participants and must:

- Promote a culture of empowerment with a focus on athlete health and safety.
- Comply with mandatory reporting requirements established by federal law, the U.S. Center for SafeSport and USA Gymnastics Safe Sport Policy.
- Proactively address potentially harmful behavior or an unsafe environment.
- Be sensitive to any imbalance of power.
- Resolve conflicts in a professional manner.

No individual who is an employee, contractor, or agent of USA Gymnastics may assist a member or former member of USA Gymnastics in obtaining a new job (excluding the routine transmission of administrative or personnel files) if the individual knows that the member or former member (a) violated the policies or procedures of the U.S. Center for SafeSport related to sexual misconduct; and/or (b) was convicted of a crime involving sexual misconduct with a minor in violation of applicable law or the policies and procedures of the U.S. Center for SafeSport.

f) Professional Responsibility

Members have the responsibility to aspire to the highest possible standards of conduct and must:

- Prioritize athlete welfare.
- Faithfully complete and comply with USA Gymnastics membership requirements.
- Strive to maintain high standards and excellence.
- Seek to increase proficiency levels through continuing education and in consultation with other professionals.
- Participate only at a level of the sport in which an individual is qualified and prepared for.
- Accept appropriate responsibility for one's own behavior and report any unlawful or other inappropriate conduct of others in accordance with Section II below.

g) Alcohol and Drug Free Environment

Members of USA Gymnastics must ensure that the sport is conducted in an environment free of drug or alcohol abuse. Members may not:

- Use or provide to a third party any illegal (scheduled) drug pursuant to applicable federal, state or municipal law.
- Assist or condone any competing athlete's use of a drug banned by any applicable governing body, or, in the case of athletes, to use such drugs or refuse to submit to properly conducted drug tests administered by any governing body.
- Provide alcohol to or condone the use of alcohol by minors; consume alcohol while engaging in USA Gymnastics activities, including coaching and/or training and/or competing; consume excessive alcohol in the presence of athletes or at USA Gymnastics' events; or consume alcoholic beverages while a minor.

3.04 Reporting and Resolving Ethical Issues

All members of USA Gymnastics have an obligation to be familiar with the principles outlined within this Code. Members should be alert and sensitive to situations that could result in unethical, illegal or improper actions. Members may report potential or actual violations of this Code to the USA Gymnastics Ethics Hotline: (833) 844-SAFE.
If you choose to make your report to the USA Gymnastic Ethics Hotline, please be aware that all calls to the Ethics Hotline are confidential and callers may remain anonymous.

The specific methods, requirements, and procedures for reporting and resolving possible ethical violations of the Code are found in the Administrative and Ethical Grievance Procedures ("Grievance Procedures") here.

The Grievance Procedures provide for informal resolution of ethical violations, the reporting of possible ethical violations (including anonymous reporting) and formal dispute resolution procedures for violations of the Code. The Grievance Procedures outline, among other things, who can submit a complaint, the requirements for a complaint, the process for responding to a complaint, the rights and responsibilities of the parties involved in the process, and the formal hearing process for resolution of complaint.

The Opportunity to Participate Grievance Procedures here apply to violations of the Code that may affect a member's opportunity to participate in an amateur athletic competition sanctioned by USAG or protected by the Ted Stevens Olympic and Amateur Sports Act (Ted Stevens Act) or the United States Olympic & Paralympic Committee's bylaws.

3.05 Anti-Retaliation and Additional Resources

Anti-Retaliation. Under no circumstances will an individual be subject to any disciplinary or retaliatory action for filing, in good faith, a report of a violation or potential violation of the Code. However, filing known false or malicious reports will not be tolerated, and anyone filing such reports will be subject to appropriate disciplinary action.

Additional Resources. The Office of the Athlete Ombuds and its staff (the Athlete Ombuds) offers independent, confidential advice to athletes regarding their rights and responsibilities in the Olympic and Paralympic Movement, and assists athletes with a broad range of questions, disputes, complaints, and concerns. The Athlete Ombuds' focus is to serve athletes who represent the U.S. in international competition. The Athlete Ombuds operates on the core

principle of confidentiality and privacy, independence, and impartiality. Additional information about, and contact information for, the Athlete Ombuds can be found online at https://www.teamusa.org/athlete-ombuds

3.06 USA Gymnastics Safe Sport Policy (November 2021)

The updated USA Gymnastics Safe Sport Policy can be found here and has gone into effect as of November 2021.

Article IV. Mission & Goals

4.01 Mission Statement

The Mission of the USA Gymnastics' Acrobatics & Tumbling Development Program is to combine skill sets currently practiced in artistic, acrobatic, trampoline and power tumbling, all internationally recognized and competed disciplines of gymnastics, while providing a safe environment and competitive opportunities for youth athletes.

USA Gymnastics has worked closely with the NCATA (National Collegiate Acrobatics and Tumbling Association) to align program goals and content. A big thank you goes out to the NCATA for their ongoing support of the Acrobatics and Tumbling Development Program.

4.02 Goals

a) Continue to develop the sport in a positive direction.
b) Education and continued growth of the sport at the youth level.
c) Grow the sport to be the primary source for university participation in the National Collegiate Acrobatics and Tumbling Association (scholarships available).

Article V. Program Description

The Acrobatics & Tumbling Development Program combines skill sets currently practiced in artistic, acrobatic, trampoline and power tumbling, all internationally recognized and competed disciplines of gymnastics.

Acrobatics & Tumbling Development Program meets are exciting, fast paced, and fan friendly. Each meet is held as a contest between 2 or more teams. Levels 1 and 2 will compete in the compulsory events which include Acro, Pyramid, Toss, Tumbling and Team. Levels 3 and 4 will 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.

5.01 Acro Description

Groups of athletes will compete in acrobatic lifts and tosses demonstrating strength, balance, and technique from both the bases and tops. Levels 3 and 4 compete in two additional heats consisting of 4 and 5 elements, respectively.

5.02 Pyramid Description

In the Pyramid Event, Teams combine an entry, structure and dismount to create a pyramid. Levels 3 and 4 compete in two individual heats building pyramids of three layers. Heat one is open while heat two is synchronized.

5.03 Toss Description

The Toss Event is an aerial event with a group of bases tossing one top in the air. The top completes a flipping and/or twisting skill forward or backward. In levels 3 and 4 there is also one open toss heat and one synchronized heat.

5.04 Tumbling Description

The Tumbling Event features powerful synchronized and individual tumbling passes. In addition to the compulsory events, athletes in levels 3 and 4 may compete in one synchronized pass and one solo pass. Passes feature a variety of salto and twisting elements and are valued for the difficulty and connection of those skills. Three synchronized and three individual heats construct the Tumbling Event.

5.05 Team Event Description

In Team Event, teams perform individual and synchronized choreographed skills in a routine set to music. Routines are composed to showcase all skill sets that have been competed in the previous events.

5.06 Divisions and Age Groups (all open to female and/or male athletes)

a) Divisions

Levels 1 & 2

- **Minimum Age:** 5 Years Old
- **Age Spread:** No more than a 7-year spread between the youngest and oldest on the team.
- **Minimum Team Size:** 10
  - If competing in a heat with less than the required number of athletes, a neutral penalty will be applied.
- **Maximum Team Size:** 17
  - Only 15 will be allowed throughout the meet.
- **Injury Substitutes:** Refer to 7.07 in the Rules & Policies.
- **Crossover Athletes:** Refer to 5.07 in the Rules & Policies.

Levels 3 & 4 (Optional Levels)

- **Minimum Age:**
  - **Level 3:** 8 years old
  - **Level 4:** 9 years old
- **Age Spread:** No more than a 7-year spread between the youngest and oldest on the team
- **Minimum Team Size:** 12
  - If competing in a compulsory heat with less than the required number of athletes, a neutral penalty will be applied.
- **Maximum Team Size:** 24
  - Only 18 will be allowed throughout the meet.
- **Injury Substitutes:** Refer to 7.07 in the Rules & Policies.
- **Crossover Athletes:** Refer to 5.07 in the Rules & Policies.

- If competing in a compulsory heat with less than the required number of athletes a neutral penalty will be applied.

b) Age Groups

The minimum age requirement and the team age spread should be determined:

- For levels 1 and 2, age should be determined as of January 1 of the competition season
- For levels 3 and 4 age should be determined as of the start date of Nationals

Using an athlete(s) who does not meet the minimum age requirement or is not within the age spread = Disqualification

Age Groups are created only if necessary, within a given competition (primarily due to volume of squads). The age groups are up to the discretion of the Meet Director to decide based on the number of entries into the competition. The Meet Director should notify all participating teams on the division of age groups no less than 2 weeks prior to the competition.

5.07 Crossover Athlete Policy

A Crossover Athlete (CA) is an athlete participating on more than one team. The maximum number of CAs per team is six (6). Exceptions must be approved by the Technical Director for GFA, Lori Laznovsky at llaznovsky@usagym.org, along with documentation sent to the Meet Director.

- All Crossover Athlete deductions are taken by the Head Judge from the Final Meet Score.
- It is the responsibility of the Meet Director to check entry forms for CAs and report CAs to the Head Judge.
- For all Levels - any particular athlete may only participate as a team member in TWO (2) teams.
- CA cannot crossover to same level.
    - i.e. Level 1 may only CA to Level 2; Level 2 may CA to Level 1 or Level 3; Level 3 may CA to Level 2 or Level 4; Level 4 may CA to Level 3.

Example Roster with proper use of Crossover Athlete (CA) Policy

Level 1	Level 2	Level 3	Level 4
Sally Jones	Tamara Smith	*Melissa Green	*Jessica Palmer
Emily Brown	Ashley Broach	*Jane Blacksmith	*Skylar Chow
Gina Smith	Kelsey Wells	*Blakely Man	*Gabby Rose
Carrie White	*Melissa Green	*Tamara Jones	*Jocelyn White
Jane Smith	*Jane Blacksmith	*Natalie Goldsmith	*Samantha Woods
Samantha Miller	*Blakely Man	*Kara Canes	*Sasha Silverman
Rachel Whitney	*Tamara Jones	*Jessica Palmer	Laney Vice
Gayle Blithe	*Natalie Goldsmith	*Skylar Chow	Alexis Henderson
Abby Gilmore	*Kara Canes	*Gabby Rose	Roxanna Vixon
*Heather White	*Heather White	*Jocelyn White	Mandy Taylor
*Katelyn Sannik	*Katelyn Sannik	*Samantha Woods	Alyssa Monroe
*Yasmin Thomas	*Yasmin Thomas	*Sasha Silverman	Boneie Sanford
*Bethany Louis	*Bethany Louis	McKayla Brand	Tina Ashford
*Linda Lou	*Linda Lou	Delaney Booth	Chevonne Foyteck
*Jenny Taylor	*Jenny Taylor	Marley Lane	Sandy Beach
		Shelly Whitley	Milly Bonner
		Tasha Summers	Ammy Dottier
			Allison Needly

You may not have more than 12 CA's (*) on a team.
6 from the upper level and 6 from the lower level.

The Meet Director is NOT required to make special considerations or arrangements for CAs when organizing the timed warm-up or the draw for competition order. Coaches utilizing Crossover Athletes, must realize and prepare for these situations.

Article VI. Scoring Principles & Qualifying Procedures

6.01 Scoring Principles

The Final team Total Score is the sum of all event scores, plus or minus deductions that apply to the final tally. The primary value categories include difficulty, composition, and execution. Levels 1 & 2 will compete in compulsory routines, each heat starting at a 10.0, for the Acro, Pyramid, Toss, Tumbling and Team events. Levels 3 & 4 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.

6.02 Score Sheet Requirements

- The Head Coach is required to complete, initial, and submit one Acrobatics and Tumbling Development Program Form for each team (at least 48 hours prior to the scheduled start time of the respective competition) to the Meet Director and Technical Director of GFA (llaznovsky@usagym.org).
- No changes will be permitted once tariffs have been submitted.
    - Refer to 7.07 Injury Protocol regarding adjustments due to injuries.
- Failure to submit this form on time is subject to a 1.0 deduction from the team's Final Score.
- The Meet Director is responsible for forwarding these forms to all of the respective judges no later than 36 hours prior to the start of the meet.

6.03 Scoring Program and Verification of Scores

Currently, there is no formal electronic scoring program available. Scoring will be tabulated manually.
All Judges will tabulate and verify their scores by reviewing tariff sheet raw scores at the end of each heat and at the close of competition.

It is the responsibility of the head judge, or meet referee, to verify ALL scores **BEFORE** awards to ensure accuracy.

Once scores are verified, the respective official (Head Judge) is required to sign a hard copy of the results which will make
them "official" and ready for awards presentation.

The Meet Director is also responsible for assisting in accurate scoring results and to maintain record of these official results pending future reference (for at least one year).

6.04 Start Values

- The start value (SV) for Level 1 and Level 2 is 10.0 for all heats.
- The start value (SV) for Level 3 and Level 4, compulsory heats is 10.0. The optional heats start values will be determined based on skill difficulty.

6.05 Qualifying Procedure

- Currently, there is only one post season competition – USA Gymnastics' Gymnastics for All National Championships.
- The qualifying procedure for a Team to compete at USA Gymnastics' Youth Acrobatics and Tumbling

National Championships is that a Level 1-4 Team must compete a minimum of two (2) USA Gymnastics sanctioned events and post scores to qualify to Nationals.

- The qualifying procedure may be adjusted by the Youth A&T National Committee.
- Notification of any changes will be posted on the USA Gymnastics website.
- Clubs should confirm qualifying procedures prior to making any arrangements to compete at Nationals.

Article VII. General Regulations

All regulations are expected to be followed at all times. Failure to do so will result in possible consequences relative to the infraction according to USA Gymnastics guidelines and procedures.

7.01 Coaches Regulations

a) USA Gymnastics Membership

- All coaches within the field of play must have a valid USA Gymnastics Competitive Coach Membership in the Gymnastics for All (GfA) Discipline.
- Coaches should be prepared to visibly present their current USA Gymnastics member card at all sanctioned competitions.
- Go https://usagym.org/PDFs/Member%20Services/requirements_table.pdf to for more detail.

b) Safety

- Each registered team can have up to two (2) coaches on the floor in strategic locations to spot if necessary.
- Spotters must be attentive (in position without obstructing) and prepared to spot at all times.
- With the purpose of risk management, coaches must responsibly monitor athletes before, during, and after the competition.

c) Coaches Obligations

- Follow the USA Gymnastics Code of Ethical Conduct.
- Be professional and display good sportsmanship.
- Set an example for the athletes and parents by displaying a positive attitude and exemplary conduct.
- Show respect for all athletes, coaches, judges, and meet personnel. Talking on a cell phone during competition is not allowed. The Meet Director will give one warning before disciplinary action.
- Dress in appropriate athletic attire that reflects the best image of gymnastics (see dress code below).
- Submit all required paperwork to the appropriate official 7 days prior to the start of the competition.
- Attend all coaches' meetings and be familiar with the meet set-up and organization.
- Be present at all warm-up and competition sessions.
- Check equipment and music.
- Provide music as instructed by Meet Director.
- Report any problems to the Meet Referee or Meet Director.
- Direct any inquiries regarding judging or meet schedules to the Meet Director who, in turn, will present this to the Meet Referee/Head Judge.
- Do not approach a judge directly prior to or during the competition.
- Inform athletes and parents of all competitive requirements, as well as rights and obligations. Athletes and parents should discuss any concerns they may have with their coach/coaches.

- In case of an injury to an athlete for whom they are responsible, File an Accident Report Form (available from the Meet Director). The coach or parent of the injured athlete must secure this form, completed by the medical personnel, prior to leaving the competition.
- Show respect for the United States flag and the National Anthem.

d) Competitive Coach Behavior Policy at USA Gymnastics Sanctioned Events

- Unacceptable coach behavior can be defined as:
    - Verbal, emotional, sexual, or physical abuse of the athlete.
    - Inappropriate remarks or comments, harassment, and/or gestures directed toward any official or meet personnel before, during or after the competition.
    - Contact with other persons outside of the competitive floor area before and during the actual warm-up and course of competition. (Exceptions: USA Gymnastics, or club doctor, trainer, other credentialed club coaches, or USA Gymnastics credentialed personnel).
    - Derogatory remarks in regard to USA Gymnastics, its designated representatives, meet officials or personnel.

- Such above described behavior will be penalized as follows:
    - First Offense: Verbal warning will be issued by the Meet Referee/Technical Director and/or designated representative of USA Gymnastics.
    - Second Offense: Withdrawal of floor credential, necessitating ejection from the competitive floor area (or possibly the entire competitive arena). Incident will be reported to the USA Gymnastics GfA Technical Director.

e) Dress Code

Coaches must wear professional athletic attire (no jeans allowed, spaghetti straps, short shorts). Coaches must not wear items which can be a danger when standing in for catching or supporting. This includes but is not limited to:

- Bulky jewelry
- Watches
- Rings
- High heels
- Open toed shoes
- Credential lanyards (should be removed during competition)

7.02 Judges

Regulations USA

Gymnastics Membership

All assigned judges for Acrobatics and Tumbling Development Program Competitions must have a valid USA Gymnastics Judging Membership within the *Gymnastics for All* (GfA) category. This includes valid and current Safety Certification and Background check and SafeSport training. Judges should be prepared to visibly present their current USA Gymnastics member card at all sanctioned competitions.

a) Judges Qualification

- Qualified Acrobatics and Tumbling Development Program judges are required for all USA Gymnastics sanctioned events.
- Judges are required to successfully complete and pass the online Judge's examination in order to officiate at USA
  Gymnastics sanctioned competitions.
- Qualification for Head Judge is by experience

b) Judges Obligations

- Maintain Judges' Qualification ratings and active status requirements for the appropriate level of competition.
- Follow the USA Gymnastics Code of Ethical Conduct and USA Gymnastics Safe Sport Policies.
- Be mentally and physically prepared and rested so that the evaluations are as accurate as possible.
- The head judge should not be affiliated to any club or athlete in the competition.
- If a judge must cancel an assignment, they must notify the appropriate officials at the earliest possible moment.
- Be quick, cooperative and efficient in calculating scores.
- Show respect for all gymnasts, coaches, judges, meet personnel and volunteers.
- Cell phones and cell phone use are prohibited on the competition floor. Set a good example for the athletes by displaying a positive attitude and exemplary conduct.
- Judges should report 30 minutes prior to march-in.
- Each judge must be ready to explain his/her deductions and justify his/her score to the Judging Panel.
- Seating Arrangement – The judges must be positioned in a manner which affords a correct and unobstructed view of the team's performances, within reasonable distance of each other.

c) Judges Panel

It is recommended that a meet include a Head Judge separate from the officials judging tops and bases when feasible. If this is not feasible, the most senior official with experience in the Acrobatics and Tumbling Development Program should be designated as the head judge in addition to their Top or Base judging duties. The following outlines judges panel options:

Judges Panel Size (Total Number of Judges)	Head Judge	Top Judge	Base Judge
Two-Judge Panel (2)	The most senior of the judges with experience in the Acrobatics and Tumbling Development Program should be designated as the Head Judge	1 Judge	1 Judge
Three-Judge Panel (3)	1 Judge	1 Judge	1 Judge
Four-Judge Panel (4)	The most senior of the judges with experience in the Acrobatics and Tumbling Development Program should be designated as the Head Judge	2 Judges	2 Judges
Five-Judge Panel (5)	1 Judge	2 Judges	2 Judges

- In the event the head judge determines an adjustment needs to be considered, they will call for a judge's conference.

d) Head Judge Duties

- Receive and review documents from the Meet Director/Technical Director for GFA.
- Be present in coaches meeting and provide feedback on submitted documentation if necessary.
- Make sure the floor is safe and free of obstructions.
- Monitor conduct of athletes, coaches and officials at the event.
- Signal the start of each event.
- Responsible for Head Judge Deductions on the Final Score.

e) Judging Fee Guidelines

- **Session Fees** (per session)
    - Head Officials will receive additional compensation for extra responsibilities.
        - Levels 1 and 2 - $40/session
        - Levels 3 and 4 - $50/session
    - Local (in-house) $70
    - Invitational $90
    - State & Regional $100
    - National $120

- **Meal Expenses** (per diem)
    - Meet host may choose to provide all (or some) of the meals… or pay an "all" or partial per diem.
    - Per diem – For meets in which judges are required to be present between three to six hours (report time to end of meet), per diem payment is $40. For meets in which judges are required to be present over six hours the per diem payment is $50.
    - Individual meals - Breakfast= $15, Lunch= $20, Dinner= $30.
    - For travel days, judges receive $50.

- **Travel Expenses**
    - USA Gymnastics mileage rate is as posted on the USA Gymnastics website – a printout of MapQuest mileage or other such mapping service documentation is preferred for determining the correct mileage along with accurate odometer readings.
    - If the judge "shares a ride" the amount reimbursed will be proportional for riding time at $10/hour.
    - Any parking fees will be reimbursed by the Meet Director.
    - Airfare and ground transportation will either be paid for or provided in advance by the Meet Director, or the judge will be reimbursed. These arrangements must be confirmed by both parties prior to making said arrangements.
- **Accommodations**
  In the case where accommodations are necessary, the judge and Meet Director should negotiate who is responsible for the arrangements and who will pay for it in advance of the event. It is the responsibility of the Meet Director to pay for accommodations.

f) Dress Code

Business attire (Black or White top / black or khaki pants or skirt). Appropriate shoes are required that do not damage the gym floor or mats.

7.03 Athletes Regulations

It is important for coaches to communicate these specific regulations to the athletes in order that they may better understand their responsibilities and the conduct expected of them at competition. Members of USA Gymnastics are responsible to contribute toward a safe, positive and rewarding environment with the best interest of the athlete at the forefront of all decisions.

a) Membership Requirement

- All Acrobatics and Tumbling Development Program athletes are required to have a USA Gymnastics Athlete Membership under Gymnastics for All (GfA).
- Athletes 18 or over are required to complete the Safe Sport course.

b) Dress Code

- Uniform: Volleyball style shirts and shorts required (with numbers).
    - The dress must be identical for members of the same team, with some exceptions for teams with both male and female athletes. No undergarments should be exposed.
    - Shoes: Athletes must wear solid soft-soled athletic footwear during all competitions.
    - Gloves: athletic gloves are allowed, but not mandatory.
- Bandages or athletic tape are permitted.
- Athletes may only wear stud earrings. Loose items such as belts are not allowed. If an athlete must wear a brace that contains metal parts, it must be covered with tape. No walking boots or casts may be worn on the competition floor.
- Hair should be pulled away neatly from the face and neck in a ponytail, bun, braids, or similar style.

7.04 Floor Mat Regulations

- 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.

7.05 Presentation Guidelines

Initial presentation for a Heat should begin with the team lined up facing the head judge. Once the head judge salutes the team, an athlete representative will salute, the team will proceed to their respective starting position.

7.06 Music Requirements

See **Acrobatics and Tumbling Development Program Code of Points, Team Event**.

7.07 Injury Protocol

- Once an athlete has been declared "injured" after tariffs have been submitted to the Meet Director, the athlete may not return to the competition in any compacity.
- Substitutes may be made from the gameday roster.
    - More than 1 athlete may be utilized to execute skills affected by the injured athletes' removal from heats or the meet.
- In Compulsory/Acro/Pyramid/Toss/Tumbling Events –
    - Substitute(s) will be identified to the Head Official. If the substitute(s) cannot safely execute the skills as stated in the Tariff, a new skill and associated start value, of equal or lesser value, for the substitute may be submitted for heats in which the substitute(s) will participate.
- In Team Event, there are 5 required segments: Acro, Pyramid, Toss, Running Tumbling and Standing Tumbling. Due to the intricacy and pace of Team Event, skills submitted in the tariff may not be changed when making a substitution.
    - Stated skills may be completed by:
        - any athlete already designated to compete in the Team Event AND/OR the athlete substituting in place of the injured athlete AND/OR appropriately marking skills that may not be safely executed.
        - DIRECT SUBSTITUTION: If a direct substitution is made for all skill sequence(s) or pass(es) in which the injured student-athlete was scheduled to compete, no deductions will be applied.
        - PARTIAL SUBSTITUTION: If a direct substitution for a skill sequence(s) or pass(es) in which the injured student-athlete was scheduled to compete cannot be made, appropriate deductions will be applied.
        - NO SUBSTITUTION: If no direct substitutions are made, deductions will be applied.

Article VIII. Event Hosting Regulations & Guidelines

8.01 Hosting Criteria

- A USA Gymnastics sanction certificate is required.
- Facility must be able to accommodate the number of athletes and spectators as well as the equipment layout in a safe environment.
- Music: provide quality sound system hook-up for multi-media –iPod, iPad, MP3, etc.
    - It is recommended to have a designated person in charge of playing the music.
    - Place speakers in a safe location (i.e., not at corners of FX)
- All athletes, coaches, judges and volunteers must be members of USA Gymnastics
- Only certified judges may be used in a sanctioned event (see section 4.02).
- Results must be sent to the Technical Director of GfA.

8.02 Sanctioned Event Minimum Medical Requirements

a) Risk Levels

2 levels: Moderate Risk, Low Risk.

Moderate Risk: A&T – Levels 3 & 4

The performance of skills that pose a risk of injury likely limited to lacerations, concussions, sprains or strains

- Requires a medical professional with first aid training (nurse, PT, ATC, MD/DO, EMT, Paramedic) present during practice and competition.
- Prefer practitioner who is familiar with signs and symptoms of concussion and is up to date on current concussion return to play guidelines.
- Medical staff should complete incident report form
- 1 medical staff member is required per 2 competition floors operating at any given time as long as both competition floors are in line of sight of the medical provider.
- Supplies: advanced first aid supplies with gauze pads to control bleeding, slings, ace wraps, ice cooler/bags

Low Risk: A&T – Level 1 & 2

The performance of skills that pose a risk of injury likely limited to bumps, bruises or abrasions

- No medical personnel required. Coach or meet director should be comfortable with basic first aid.
- First Aid Kit with breakable ice packs.
- Meet director would complete incident report form

b) Emergency Action Plan

- All levels are required to submit a completed basic Emergency Action Plan for the gym or venue

c) Medical Personnel

- Click here to review the SafeSport requirements for Medical personnel.
- Medical staff are responsible for following their state's scope of practice and practice guidelines.

How to find qualified medical personnel for your meet:

- Ask parents at your gym if they have proper qualifications or know anyone in the community who does
- Search your local hospital or children's hospital's website for "Sports Medicine" and contact them via phone numbers or "Contact Us" form on the web page
- Call your local hospital or children's hospital and ask for the Marketing and PR department and ask them if they have providers who would be willing to cover your event
- Utilize a web-based service that matches ATCs to events such as Go4Ellis: https://go4ellis.com/
- To find a sports certified physical therapist go to: American Physical Therapy Association - In the search field "Find By Specialist", choose "Sports"

8.03 Competition Format

a) Coaches Meeting

- Every meet must have a coaches meeting before timed warm-ups.
- The Meet Director, Head Judge and a coach from each club participating must be present.

b) Competition Warm-up

For pre-competition warm-up and halftime, the main mat may be divided for multiple team usage and/or additional areas may be provided for teams to prepare. All teams will have an opportunity to use the competitive floor before the meet start.

- Open Stretch
    - A minimum of 10 minutes, maximum of 15 minutes for all levels.
    - The open stretch period is for stretching and tumbling without flight/salto and takes place before timed warm-up.
    - The coaches meeting should be conducted during this period.
- Timed Warm-up
    - Team Event walk through: All officials will be seated at the officials' table to observe each team walk through their counts of Team Event during meet warm-up.
        - Team Event count walk through required during the first three minutes of the ten-minute warm-up periods in which each team has the full competition mats.
    - Levels 1 & 2
        - 7 minutes on the competition floor to warm up all events.
    - Levels 3 & 4
        - Maximum of 10 minutes on the competition floor to warm up for first half
            - Compulsory events
            - Acro and Pyramid Event Heats
        - 5 minutes per team on the competition floor to warm up for second half
            - Toss and Tumbling Event Heats
            - Team Event
    - Teams are required to be off the competition floor when time expires.
        - Any team not cooperating will forfeit their remaining warm up rotations and could face a deduction from the Head Judge.

c) March In

- A brief 5-minute period should be scheduled in between the official end of timed warm-ups and march-in to allow for athletes to prepare.
- All meet sessions should start on time.
- March-in is used to introduce the teams participating in a respective session.
- National Anthem is required to be played at the first session of each day of competition.
- At nationals an Opening Ceremonies is required where a grand march-in will take place. Therefore, marching in for each session is not required.

d) Competition (Meet Sessions)

- Meet sessions will be broken down into 2 to 3 teams
- If there are multiple meet sessions required, the meet sessions will be determined by a random draw done by the Meet Director before the final meet information is sent out.
- Meet Structure Examples
    - 4 teams: 2 sessions of 2 teams
    - 5 teams: 1 session of 3 teams and 1 session of 2 teams
    - 6 teams: 2 sessions of 3 teams
    - 9 teams: 3 sessions of 3 teams
- It is recommended that Levels 1 & 2 have no more than 4 sessions in a day, and for Levels 3 & 4 no more than 3 sessions in a day.
- Meets may not start earlier than 8 a.m. and must be concluded by no later than 10 p.m.

e) Audience/Spectator Regulations

- Spectators are not allowed to enter the "field of play" competitive area. They must use only the area designated for the public.
- No flash photography allowed.
- Spectators shall not disturb the order of the competition, its competitors and its officials. Individuals causing violations shall be required to leave the competition site.

f) Scoring Procedure

- Meet Directors are required to acquire a signed results sheet per level competing and keep it for one year pending any reference need.
- Judges are required to use the official Acrobatics and Tumbling Development Program Forms.
- Either the head judge or a tabulator (recommended) will enter scores on an official results sheet to be signed by the Head Judge.

8.04 Awards Criteria

- Prior to announcing any awards, scores must be verified and an official result page for each level competing is signed by the respective judges. The Head Judge and Meet Director are responsible for accurate scoring.
- Tie-Breaking Procedures for Presentation of Awards:
    - The team with the highest team score on a single event receives the award for the tied place.
    - Regardless of tie breaker, both teams will be recognized on the podium as tied for highest placement.
- Awards will be given for:
    - Overall combined score for Compulsory Events (Levels 1-4)
        - Award > Medals
    - Overall combined score for Optional Events (Levels 3-4)
        - Award > Medals
    - Total Meet Score (Levels 1-4)
        - Award > Team trophy or banner
    - Additional Awards – Event Finals (Levels 3-4)
        - Event finals should be held in a separate session.
        - The CHAMPION ONLY for each event listed below shall be awarded:
            - 4 Element Acro
            - 5 element Acro
            - Open Pyramid
            - Sync Pyramid
            - Open Toss
            - Sync Toss
            - Duo Tumbling
            - Trio Tumbling
            - Quad Tumbling
            - Open Tumbling 1
            - Open Tumbling 2
            - Open Tumbling 3
    - Award > Banner
- Invitationals
    - The percentage of awards given is at the discretion of the Meet Director and must be communicated to participating teams.
    - Event Finals, optional session for Levels 3-4, CHAMPION ONLY will be in awarded.
- Nationals
    - It is required to use the official USA Gymnastics award company.
    - 50% of each level will receive awards.
    - Event Finals, for Levels 3-4, CHAMPION ONLY will be in awarded.

8.05 Event Finals – Levels 3 & 4 Only

- All USA Gymnastics Acrobatics and Tumbling Development Program Clubs who have registered through USA Gymnastics for All will have the opportunity to participate in Event Finals. This is a great opportunity for new clubs to participate in competitions while growing their Acrobatic and Tumbling program.

- Rationale for Event Finals:
  - Allows teams to showcase their individual talents.
  - Allows smaller teams the opportunity to compete for awards.
  - Allows more than one specialist to contribute.
  - Allows individuals and groups to participate even if their team is unable to reach the numbers required for competition.
  - Follows NCAA gymnastics championship sports model.
  - Follows the NCATA Tournament Championship model.

- Event Finals Qualification:
  - There is a three-heat minimum (per club) to register for Event Finals.
  - Each team may only register one group or individual for each heat.
  - The athlete repetition rule applies for each event heat (see code of points).
  - The skill repetition rule applies for each event heat (see code of points).
  - Each Team MUST be registered to qualify to compete in the Event Finals.
  - If a club (that has met all qualifications) cannot field an entire team, they may participate in event finals only but are subject to the per athlete entry fee.
  - GFA Nationals Only - Each Team must participate in two sanctioned USA Gymnastics Acrobatics & Tumbling Development Program events prior to registering for USA Gymnastics Nationals. The Youth National Invitational may be used as a qualifying meet.

- Event Finals Information:
  - The entry fee will be at the discretion of each Meet Director. It is recommended to charge the meet fee entry.
  - Each participating athlete must be registered for event finals.
  - Separate tariff sheets must be properly filled out and turned in on time for event finals.
  - Only one CHAMPION will be awarded for each heat in event finals (following NCATA format).
  - Athletes will be able to compete in the following heats:
    - Acro - 4 element, 5 element
    - Pyramid - Open Pyramid, Synch Pyramid
    - Toss - Open Toss, Synch Toss
    - Tumbling – Duo, Trio, Quad, Open 1, Open 2, Open 3
  - THE CODE OF POINTS SHOULD BE FOLLOWED PER LEVEL.

Article IX. Forms

9.01 Team A&T Judge Invoice

Click here to access to this form which is also available separately on the USA Gymnastics website.

ACROBATICS & TUMBLING DEVELOPMENT PROGRAM

Code of Points

USA Gymnastics

November 2024

DESCRIPTION OF PROGRAM

Acrobatics & Tumbling combines skill sets currently practiced in artistic, acrobatic, trampoline and power tumbling, all internationally recognized and competed disciplines of gymnastics. Acrobatics & Tumbling meets are exciting, fast paced, and fan friendly. Each meet is held as a contest between 2-4 teams. 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. Awards will also be given for the overall combined score for Compulsory events and the overall combined score for Optional events.

LEVELS 1 & 2

Levels 1 & 2 will compete compulsory routines, each heat starting at a 10.0, for the Acro, Pyramid, Toss, Tumbling and Team events.

LEVELS 3 & 4

Levels 3 and 4 will follow the traditional collegiate format: Compulsory, Acro, Pyramid, Toss, Tumbling, and Team.

- **Event 1 – Compulsory:** Each team competes identical pre-determined set of skills with a pre-determined starting value of 10.0. There are four heats that include acro, pyramid, toss and tumbling. Compulsory skills are the building blocks of Acrobatics & Tumbling.
- **Event 2 – Acro:** In the Acro Event, teams compete in two different heats of 4 and 5 elements. Groups of 2-4 athletes will compete acrobatic lifts and tosses demonstrating strength, balance, and technique from both the bases and tops.
- **Event 3 – Pyramid:** In Pyramid Event, teams compete in two individual heats building pyramids of three layers. Teams combine an entry, structure and dismount to create a pyramid. Heat one is open while heat two is synchronized.
- **Halftime:** After the completion of the first three events, there is a half time.
- **Event 4 – Toss:** The Toss Event is an aerial event with a group of bases tossing one top in the air. The top completes a flipping and/or twisting skill forward or backward. There is one open toss heat and one synchronized heat
- **Event 5 – Tumbling:** The Tumbling Event features powerful synchronized and individual tumbling passes. Athletes may compete in one synchronized pass and in one solo pass. Passes feature a variety of salto and twisting elements and are valued for the difficulty of and the connection of those skills. Three synchronized and three individual heats construct the Tumbling Event.
- **Event 6 – Team:** In Team Event, teams perform individual and synchronized choreographed skills in a routine set to music. Routines are composed to showcase all skill sets that have been competed in the previous five events.

MEET FORMAT

LEVEL 1 & 2 MEET FORMAT	
Compulsory Events:	
Acro	10 points
Pyramid	10 points
Toss	10 points
Tumbling	10 points
Team Event	25 points
Total Compulsory Event Score	**65 points**

LEVEL 3 & 4 MEET FORMAT		
Compulsory Events:	**Level 3**	**Level 4**
Acro	10 points	10 points
Pyramid	10 points	10 points
Toss	10 points	10 points
Tumbling	10 points	10 points
Total Compulsory Event Score	**40 points**	**40 points**
Optional Events:	**Level 3**	**Level 4**
Acro	18.8 points	20 points
Pyramid	19.4 points	20 points
Toss	18.8 points	20 points
Tumbling	54 points	60 points
Total Possible Optional Event Score	**111 points**	**120 points**
Team Event:	**Level 3**	**Level 4**
Acro	18.8 points	20 points
Pyramid	19.4 points	20 points
Toss	18.8 points	20 points
Standing Tumbling	9 points	10 points
Running Tumbling	9 points	10 points
Dance	10 points	10 points
Total Possible Team Event Score	**85 points**	**90 points**

Level 3 Special Requirements: Difficulty Restrictions	
Acro	A & B value elements only (Restricted C value elements allowed receiving B value part value)
Pyramid	Start Value of 9.7 & below
Toss	Start Value of 9.4 & below
Tumbling	Start Value of 9.0 & below

JUDGING OF EVENTS

The following table provides specifications for judging each skill category within a competition. The table outlines when judging starts and stops to ensure safety and cleanliness throughout the entire heat/skill set. Synchronization is eligible to be taken outside of the specified description. Additional specifications are provided for eligible deductions for non-declared skills of entries and dismounts. Further information regarding those deductions is provided.

Judging	Area	Acro	Pyramid	Toss
Start	Top	Start judging when the top initiates the first element of the sequence.	Start judging when the top's feet leave the ground.	Start judging when the top's feet leave the ground (top is loaded into the toss). The top is allowed a slight adjustment (with feet) while hands are still on the shoulders of the bases prior to becoming set.
	Base	Start judging when the top initiates the first element of the sequence.	Start judging when the middle base(s) feet leave the ground.	Start judging when the bases initiate the load in of the toss.
Stop	Top & Bases	Stop judging when all athletes have returned to the ground.	Stop judging when all athletes have returned to the ground.	Stop judging when all athletes have returned to the ground.

Judging	Running Tumbling	Standing Tumbling
Start	Start judging with the initiation of the first element of the tumbling pass.	Start judging with the initiation of the first element of the tumbling pass. If steps or hops are used to initiate the first element (forward or backward momentum) to begin the pass: ● A step deduction should be applied per athlete. ● If a step or hop is choreographed within the routine, an Event Violation will also be applied per choreographed group.
Stop	When the athlete completes the final element of the pass and marks the landing position (controlled step or stick). In the case of a fall, if able, the athlete should stand and return to their end position (controlled step or stick) to complete the pass. If the athlete is injured in the fall, safety should prevail, and the athlete stays on the ground to be seen to by medical staff.	When the athlete completes the final element of the pass and marks the landing position (See standing tumbling - controlled step or stick). In the case of a fall, if able, the athlete should stand and return to their end position (controlled step or stick) to complete the pass. If the athlete is injured in the fall, safety should prevail, and the athlete stays on the ground to be seen to by medical staff.

DIVISIONS

Levels 1 & 2

- **Minimum Age:** 5 Years Old
- **Age Spread:** No more than a 7-year spread between the youngest and oldest on the team.
- **Minimum Team Size:** 10
  - If competing in a heat with less than the required number of athletes, a neutral penalty will be applied.
- **Maximum Team Size:** 17
  - Only 15 will be allowed throughout the meet.
- **Injury Substitutes:** Refer to 7.07 in the Rules & Policies.
- **Crossover Athletes:** Refer to 5.07 in the Rules & Policies.

Levels 3 & 4 (Optional Levels)

- **Minimum Age:**
  - **Level 3:** 8 years old
  - **Level 4:** 9 years old
- **Age Spread:** No more than a 7-year spread between the youngest and oldest on the team
- **Minimum Team Size:** 12
  - If competing in a compulsory heat with less than the required number of athletes, a neutral penalty will be applied.
- **Maximum Team Size:** 24
  - Only 18 will be allowed throughout the meet.
- **Injury Substitutes:** Refer to 7.07 in the Rules & Policies.
- **Crossover Athletes:** Refer to 5.07 in the Rules & Policies.

COMPULSORY EVENT (Levels 1 – 4)

Video and Count sheet information for each level of the compulsory event is available on the USA Gymnastics website. To access the information, utilize the following link: Videos and Count Sheets

DESIGNATED COUNTER

For each compulsory heat, teams will designate a "Counter". This individual may be an athlete or the coach.

LEVEL 1 COMPULSORY – SKILLS, SPACING & COUNT SHEETS

LEVEL 1 – COMPULSORY ACRO SKILLS

Groups: 2 Synchronized Groups

Number of Competitors:

- 4 athletes/group (8 athletes total)
- Any athlete that is part of an Acro group may compete in any position, within that group, throughout the complete compulsory sequence.
- An athlete may not switch groups.

Acro Heat Special Requirements:

1) 2-2; FC; GRD-GRD; VER-INV NON HS
   - Primary Base lays on floor with knees bent (facing left side of floor) and arms extended at 90 degrees.
   - Top straddles base, hands on base's thighs and leans shoulders into base's hands. Top performs a straddle to vertical non handstand position with hands remaining on bases thighs.
   - Dismount: top straddle back down to starting position.
   - Assisting Athlete: Stands behind primary base and full contact assists throughout.
2) 2-2 Prim Bases - shd sit (Shoulder sit)
   - Top climbs up from back to perform shoulder sit on primary base.
   - Assisting base athlete holds tops waist from behind structure.
3) 2-2; FC; SHD-GRD; VER-VER – back spot at all times
   - Assisting athlete stands behind top.
   - Dismount: primary base pops top off the back with full contact assist.
4) 3-3; FC; GRD-SHD; VER-VER; 2FT
5) 3-3; FC; SHD-GRD; VER-BLW SHD
   - Sponge, prep, sponge
   - Dismount to front

LEVEL 1 – COMPULSORY PYRAMID SKILLS

Groups: 2 Synchronized Groups

Number of Competitors: 8 Athletes (2 main bases, 1 front assist, 1 mid-base)/group (8 athletes total)

Pyramid Heat Special Requirements:

Structure: 2.1.0 Prim Bases-1 thighstand group; Mid Base-standing on thighs arms extended overhead - 2 second hold

- Assisting athlete performs front spot to mid base and steps to right side of structure.
- Dismount in front unassisted.

LEVEL 1 – COMPULSORY TOSS SKILLS

Groups: 2 Synchronized Groups

Number of Competitors: 5 Athletes/ group (10 athletes total)

Toss Heat Special Requirements: 4-4 FC; GRD-BLW SHD; VER-VER then transition to 4-4; FC; BLW SHD-CRDL; VER-HOZ then transition to 4-4; R; CRDL-CRDL; HOZ-HOZ, and 4-3 FC; CRDL-GRD; HOZ-VER

- 2 side bases-1 back base-1 front base load in as a toss; top stands to balance, bends back down to brace in tuck position, side bases move arms to cradle catch position, top lays back to cradle; bases pop top to land back in cradle; dismount in front.

LEVEL 1 – COMPULSORY TUMBLING SKILLS

Number of Competitors: Two (2) rows of 3 athletes = 6 total

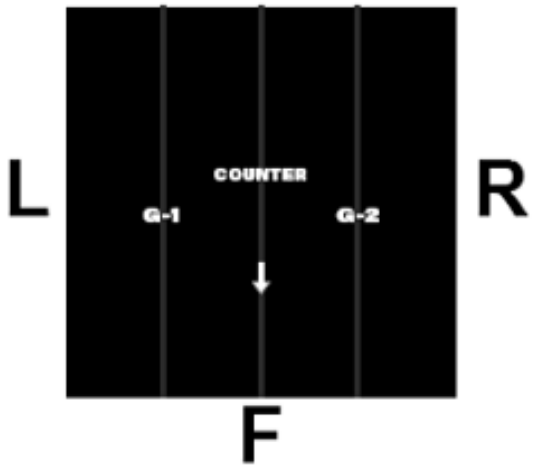
Additional Heat Clarification: All tumbling athletes must remain in-bounds for the duration of the heat

Tumbling Heat Special Requirements:

1) Pike sit, bridge kickover
2) "T" jump to backward roll squat position
3) Mountain climber handstand hold to lunge
4) From the Left side of the floor > 2-step hurdle roundoff rebound to stick

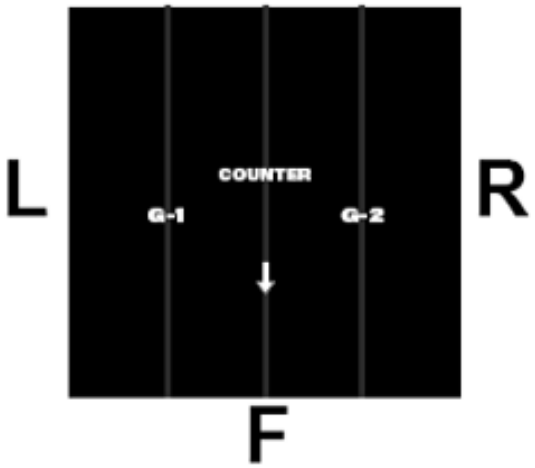
Compulsory Formations
Level 1

ACRO



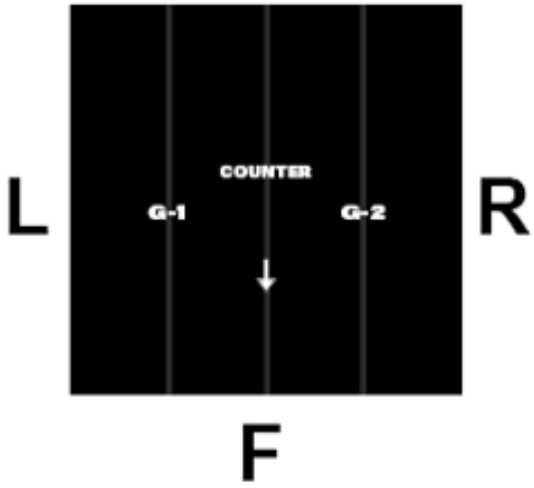
Section 1: Top starts facing R
Section 2: Top starts facing F
Section 3: Top starts facing F

PYRAMID



Top starts facing F

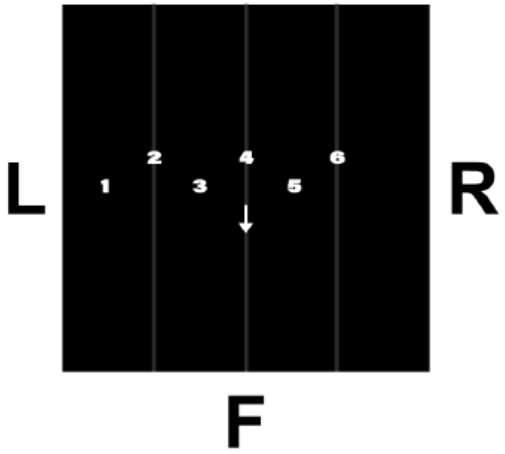
TOSS



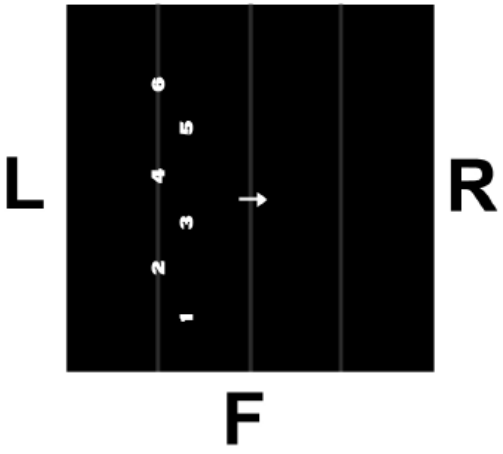
Top starts facing F

Compulsory Tumbling Formations
Level 1

Skills 1-3



Skill 4



LEVEL 1: ACRO														
COUNT SHEET														
1	5	Start with base laying on ground, top with legs staddling over base, top standing up	5	1	top contacts with hands on base's shoulders	10	1	top's feet land on base's hands						
	6			2			2							
	7	set (top leans over to set shoulders onto base's hands)		3	top's right foot on base's right thigh		3	dip for prep						
	8			4			4							
	1	top dips for straddle inversion		5	dip for assisted shoulder sit		5	top lands in prep						
	2			6			6							
	3	top hits inversion with legs still in straddle		7			7							
	4			8			8							
	5	top brings feet together	6	1		11	1	Tops arms extend up (by ears or high V)						
	6			2			2							
	7			3	hit shoulder sit		3							
	8			4			4							
2	1	top begins lowering to floor (straddle down)		5			5							
	2			6			6							
	3			7			7							
	4			8			8							
	5	top lands on ground	7	1	base moves right arm under right leg	12	1	dip for sponge dismount						
	6			2			2							
	7			3			3	lift up slightly before sponge						
	8			4			4							
3	1	top cleans		5	base moves left arm under left leg		5	top has lowered fully to sponge						
	2			6			6							
	3			7	pop off		7	top lands on ground						
	4			8			8							
	5	base rolls to knees facing front	8	1	top lands on ground	13	1	clean						
	6			2			2							
	7	base on knees facing front		3	clean		3							
	8			4			4							
4	1	base steps up with right foot		5	move to third segment		5							
	2			6			6							
	3	base steps left foot to stand up facing front		7			7							
	4			8			8							
	5	move to second segment	9	1										
	6			2										
	7			3										
	8			4										
				5	set for prep with backspot holding top's hips & top's hands on base's shoulders									
				6										
				7	dip to jump to base's hands									
				8										

LEVEL 1: PYRAMID

COUNT SHEET

	5				
	6				
	7				
	8				
1	1	Bases move outside legs outward to prepare for thigh stand position	3	1	
	2			2	
	3	Bases squat for thigh stand		3	
	4			4	
	5	Mid-Level places hands on Front Assist shoulders and lifts one leg onto base's thigh		5	Mid-Level grabs bases' outside hands
	6			6	
	7	Dip for thigh stand		7	Dip for dismount
	8			8	
2	1	Land in thigh stand; Back Spot connect with Mid-Level	4	1	Mid-Level lands on ground
	2			2	
	3			3	Clean
	4				
	5	Mid-Level lifts arms up (Front spot moves to right side of bases)			
	6				
	7				
	8				

LEVEL 1: TOSS

COUNT SHEET

	5							
	6							
	7							
	8							
1	1	Bases and top set for toss	3	1		5	1	Dip for cradle throw
	2			2			2	
	3			3			3	throw cradle
	4			4			4	catch cradle
	5	Dip to jump into toss		5	Top puts hands on bases' shoulders		5	
	6			6			6	
	7	Top's feet land on bases' hands		7			7	
	8			8			8	
2	1		4	1	Top lifts knees to shift to cradle	6	1	Set out
	2			2	Bases adjust arms into cradle-catching position		2	
	3			3	Top lands in cradle		3	Clean
	4			4				
	5	Top stands up		5				
	6			6				
	7			7				
	8			8				

LEVEL 1: TUMBLING								
COUNT SHEET								
	5	start set in windows, sitting in pike						
	6							
	7							
	8							
	1	both arms up high		1	hit high V		1	
	2			2			2	
	3			3	initiate swing cross arms in front of body		3	
	4			4	hit T jump		4	
	5	lay flat on floor		5	sit to initiate backward roll		5	
	6			6			6	
	7			7			7	
1	8		5	8		10	8	
	1	bend ands and legs for bridge		1	land in tuck		1	2 Step Run
	2			2			2	
	3			3			3	Hurdle
	4			4			4	round-off
	5	push to bridge		5	Stand		5	rebound
	6			6			6	
	7			7			7	stick
2	8		6	8		11	8	
	1	point dominate foot to initiate kickover		1			1	
	2			2			2	
	3			3			3	clean
	4			4			4	
	5	kickover		5	step forward to mountain climber		5	
	6			6			6	
	7			7	Hit "T"		7	
3	8		7	8		12	8	
	1	Lunge		1	hit handstand		1	
	2			2			2	
	3	Clean		3			3	
	4			4			4	
	5			5	lunge		5	
	6			6			6	
	7			7	clean		7	
4	8		8	8		13	8	
				1	turn right to walk to new position	14	1	
				2				
				3				
				4				
				5				
				6				
				7				
			9	8				

LEVEL 2 COMPULSORY – SKILLS, SPACING & COUNT SHEETS

LEVEL 2 – COMPULSORY ACRO SKILLS

Groups: 2 Synchronized Groups

Number of Competitors:

- 4 athletes/group (8 athletes total)
- Any athlete that is part of an Acro group may compete in any position, within that group, throughout the complete compulsory sequence.
- An athlete may not switch groups.

Acro Heat Special Requirements:

1) 2-1; FC; H-H; GRD-SHD; VER-VER; TWIST 180
    - Half up to shoulder stand
    - Primary base faces Left side of floor
2) 1-2; FC; SHD-EXT; VER-INV NON HS
    - From shoulder stand, inverted non-handstand dismounting through center of bases.
3) 2-2; FC; EXT-GRD; INV NON HS-VER
4) 2-2; FC; GRD-EXT; VER-VER; VER HSUP "I"
    - Front support position assisted from beginning to end
    - Assist from back base at top's waist or thighs
5) 1-2; FC; EXT-GRD; VER-VER; VER HSUP "I"; primary base TWIST 90°
    - Dismount Top goes from extension with assisting athlete on the catch and primary base twists 90° as top dismounts.
6) 3-3; FC; GRD-SHD; VER-VER; 2 FT
7) 3-3; R; SHD-CRDL; VER-HOZ
8) 3-3; R; CRDL-CRDL; HOZ-HOZ; TWIST 360
    - Prep to cradle, 360° barrel roll, cradle catch, dismount to ground in front.

LEVEL 2 – COMPULSORY PYRAMID SKILLS

Number of Competitors: 8 Athletes

- Structure 1 (2 main bases, 1 mid-base, 1 top, 1 front assist)
- Structure 2 (2 main bases, 1 back spot)

Pyramid Heat Special Requirements:

Structure: 3.1.1 Prim Bases - 1 thighstand group; Mid Base- standing on thighs arms ext overhead to perform front support position in straight body position, hold for 2 seconds.

- Entry: FC; SHD-PK; VER-VER; HSUP "I"
- 2 structures -
- **Structure 1:** 2.1 Prim Bases-1 thighstand group; Mid Base- standing on thighs arms ext overhead
- **Structure 2:** 3.1 prep with 2 side bases and 1 back base set up behind structure 1.
    - Structure 2 top is lifted to structure 1 to perform a straight body front support position with a 2 second unassisted hold.
- 1-3 FC; PK-SHD; HSUP "I"-VER 2FT
- 3-1 FC; SHD-GRD; VER-VER
- Structure 2 side bases assist top back to prep position and dismount in sponge.
- Structure 1 dismounts in front.
- 2 Tossers

- 2 Catchers

LEVEL 2 – COMPULSORY TOSS SKILLS

Groups: 2 Synchronized Groups

Number of Competitors: 5 Athletes/group (10 athletes total)

Toss Heat Special Requirements: Straight Ride

- 2 side bases, 1 front base, and 1 back base. The back base loads the top; top stands to balance, Straight ride toss is executed to cradle catch; dismount to ground in front.

LEVEL 2 – COMPULSORY TUMBLING SKILLS

Number of Competitors: Two (2) rows of 3 athletes = 6 athletes total

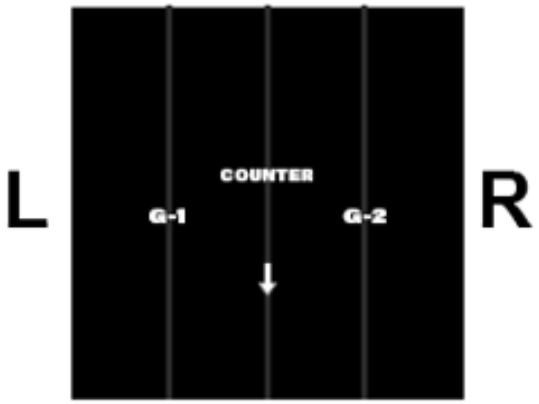
Additional Heat Clarification: All tumbling athletes must remain in-bounds for the duration of the heat

Tumbling Heat Special Requirements:

1) Back walkover to lunge
2) Straddle jump 90°-120° (arms optional must be the same position throughout the group) to straight arm backward roll to push-up position
3) Mountain climber handstand to back walkover to lunge
4) From the Left side of the floor > 2-step hurdle round off back handspring rebound to stick

Compulsory Formations
Level 2

ACRO



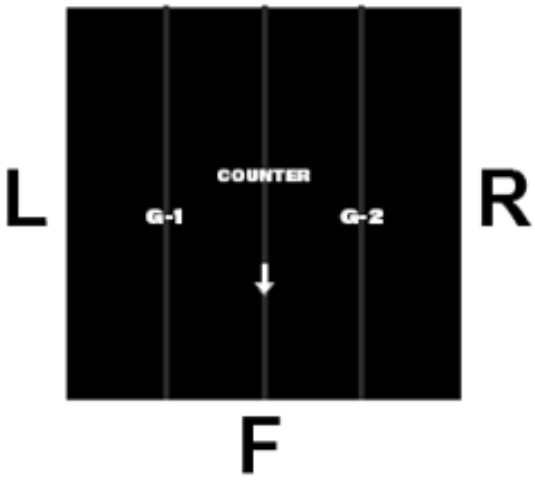
Section 1: Top starts facing R
Section 2: Top starts facing F
Section 3: Top starts facing F

PYRAMID



Top starts facing F

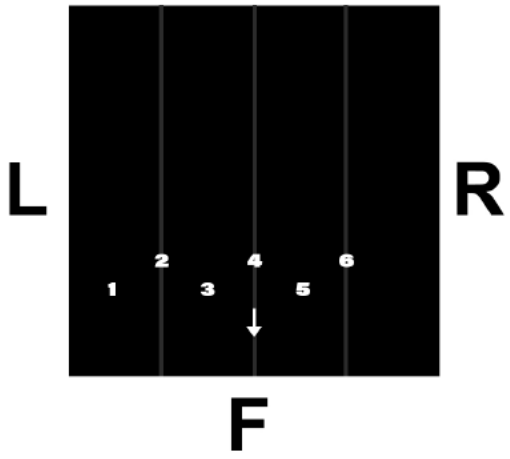
TOSS



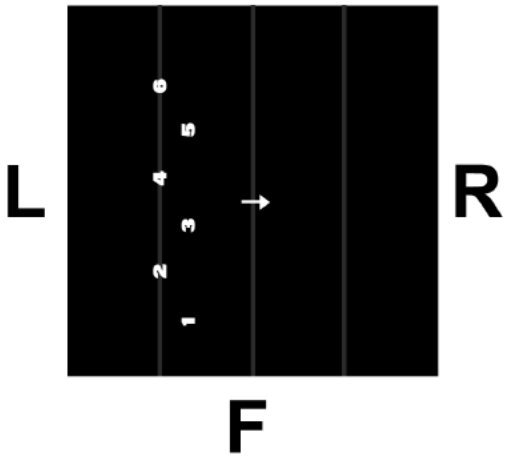
Top starts facing F

Compulsory Tumbling Formations
Level 2

Skills 1-3



Skill 4



LEVEL 2: ACRO								
COUNT SHEET								
	5	start with top and shoulder stand base facing each other						
	6							
	7							
	8							
1	1	top and base grab hands	5	1		10	1	
	2			2			2	
	3	top places right foot on base right thigh		3	clean		3	
	4			4			4	
	5	dip to push off thigh		5	*transition to second segment*		5	
	6			6			6	
	7	top's left foot steps on base's left shoulder		7			7	set for prep with back spot holding yop's hips & top's hands on side base's shoulders
	8			8			8	
2	1	's right foot steps on base's right shoul	6	1		11	1	dip to load prep
	2			2			2	
	3			3			3	top's feet land on base's hands
	4			4			4	
	5	second base steps in to catch shoulders		5			5	dip to prep
	6			6			6	
	7	top leans shoulders into second base's hands		7	top and base connect hands		7	top hits prep position (arms optional)
	8			8			8	
3	1	dip for inversion	7	1	top places right foot on bae's right thigh	12	1	
	2			2			2	
	3	top tucks up		3	dip to press up to assisted front support position		3	
	4			4			4	
	5	top extends to full extended non-handstand		5	top hits front support "I" position		5	
	6			6			6	
	7			7			7	
	8			8			8	
4	1		8	1		13	1	dip for cradle
	2			2			2	
	3	top initiates tuck down		3			3	throw for cradle
	4			4			4	catch cradle
	5			5	dip for dismount		5	
	6			6			6	
	7	top lands between the two bases		7	ase turns to face top as she lands		7	
	8			8			8	
			9	1	clean	14	1	dip for twist 360° barrel roll
				2			2	
				3	*transition to second segment*		3	throw twist 360° barrel roll
				4			4	
				5			5	catch twist 360° barrel roll in cradle
				6			6	
				7			7	
				8			8	
						15	1	set out
							2	
							3	clean

LEVEL 2: PYRAMID					
COUNT SHEET					
Front Group			*Back Group*		
	5	*Front group (thigh stand with mid-base)*		5	*Back group (prep with top)*
	6			6	
	7			7	
	8			8	
1	1	Bases move outside legs outward to prepare for thigh stand position	1	1	Set for prep with backspot holding top's hips & top's hands on base's shoulders
	2			2	
	3	Bases squat for thigh stand		3	
	4			4	
	5	Mid-base grabs front assist shoulders and lifts one leg onto base's thigh		5	Dip to jump to base's hands
	6			6	
	7			7	Top's feet land on base's hands
	8			8	
2	1	Dip for thigh stand	2	1	
	2			2	
	3			3	
	4			4	
	5			5	Dip for prep
	6			6	
	7	Mid-base lands in thigh stand (Front spot moves to right side of bases)		7	Top lands in prep; Front assist moves to right side of bases
	8			8	
3	1	Mid-base and top grab hands	3	1	Mid-base and top grab hands
	2			2	
	3			3	
	4			4	
	5			5	Top dips for front support position onto mid-level
	6	Mid-base begins lifting top up to front support position		6	
	7			7	Top lifted to front support position
	8			8	
4	1	Mid-base holding front support position (no assistance)	4	1	Top's prep bases let go of her feet
	2			2	
	3			3	
	4			4	
	5			5	Top's prep bases grab her feet
	6			6	
	7			7	Top's prep bases begin lowering back to prep position
	8			8	
5	1	Mid-base lowers arms (cleans)	5	1	Top hits prep
	2			2	
	3			3	
	4			4	
	5	Mid-base dips to jump off		5	Top dips for sponge
	6			6	
	7	Mid-base lands on ground		7	Top hits sponge position
	8			8	
6	1		6	1	Top lands on ground
	2			2	
	3	Clean (all)		3	Clean (all)

LEVEL 2: TOSS					
COUNT SHEET					
	5				
	6				
	7				
	8				
1	1	Bases and top set for toss	3	1	Dip
	2			2	
	3			3	Throw toss
	4			4	
	5	Dip to jump into toss		5	Catch toss
	6			6	
	7	Top's feet land on bases' hands		7	
	8			8	
2	1		4	1	
	2			2	
	3			3	Set out
	4			4	
	5	Top stands up		5	Clean
	6				
	7				
	8				

LEVEL 2: TUMBLING								
COUNT SHEET								
	5	start set in windows						
	6							
	7							
	8							
	1	both arms up high, point dominate foot forward on the floor		1	stand up		1	
	2			2			2	
	3	place hands on floor		3			3	
	4			4			4	
	5			5	1 step forward; close		5	
	6			6			6	
	7	land backwalkover in lunge		7			7	
1	8		5	8		10	8	
	1			1	step forward to mountain climber		1	2 Step Run
	2			2			2	
	3	step forward to clean		3	Hit "T"		3	Hurdle
	4			4			4	round-off
	5			5	hit handstand		5	backhandspring
	6			6			6	
	7			7			7	rebound
2	8		6	8		11	8	
	1	hit high V		1	step down and pass through to backwalkeover		1	stick
	2			2			2	
	3	initiate swing cross arms in front of body		3			3	
	4	hit straddle		4			4	
	5	sit to initiate straight arm roll		5	place hands on floor		5	clean
	6			6			6	
	7			7			7	
3	8		7	8		12	8	
	1	hit straight arm plank		1	lunge		1	
	2			2			2	
	3			3			3	
	4			4			4	
	5			5	Clean		5	
	6			6			6	
	7	jump to tuck knees in		7			7	
4	8		8	8		13	8	
				1	turn right and walk to new position	14	1	
				2				
				3				
				4				
				5				
				6				
				7				
			9	8				

LEVEL 3 COMPULSORY – SKILLS, SPACING & COUNT SHEETS

LEVEL 3 – COMPULSORY ACRO SKILLS

Groups: 2 Synchronized Groups

Number of Competitors:

- 4 athletes/group (8 athletes total)
- Any athlete that is part of an Acro group may compete in any position, within that group, throughout the complete compulsory sequence.
- An athlete may not switch groups.

Acro Heat Special Requirements: This Compulsory Acro is divided into three (3) skill segments. A segment ends when the top lands back on the ground. The next segment begins when the top leaves the ground.

Segment 1:

1) 2-2; R; H-F; GRD-SHD; VER-VER; 2FT
    - Toe Pitch (2 bases starting-2 bases ending/catching; release; Primary base's hands are holding top's foot-lifts, releases and catches top's feet at shoulder level; front secondary base assists top from floor and releases; back secondary base is behind primary base and catches top's ankles at shoulder level of primary base; top starts and ends standing on 2 feet.)
2) 2-2; R; SHD-GRD; VER-VER
    - Pop off (2 bases starting-2 bases ending/catching; release; starting at shoulder level and ending on the ground; primary base and back secondary base initiate dismount – primary base and front secondary base catch top for landing.)

Segment 2:

3) 1-1; FC; H-H; GRD-SHD; VER-VER; 2 FT; TWIST 180
    - Half up to shoulder stand (1 base starting- 1 base ending/catching; full contact; bases and tops are holding hands; starts on ground and ends shoulder level; top starts standing and ends standing; top completes a half twist on ascend)
    - Primary base faces Left side of floor
4) 1-2; FC; SHD-EXT; VER-INV NON HS; INV 180
    - Shoulder stand to (1 base starting - 2 bases catch/end; full contact; starting at shoulder - ending in extension; top starts standing and ends upside down - not in handstand position - 1 base holds shoulders, other base holds hands; completes 180 degree inversion during skill)
5) 2-2; FC; EXT - GRD; INV NON HS-VER; NO TWIST
    - Straight down middle from invert, non-handstand (2 Bases start - 2 bases end; full contact; starting extended - ending on the ground; from inverted non handstand (bases holding shoulders) to standing; no twist on descend)

Segment 3:

6) 3-3; FC; GRD-SHD; VER-VER; 1 FT

- prep level lib (3 bases start - 3 bases end; full contact; starting at ground - ending at shoulder level - top starts and ends standing on 1 leg)

(Continued on next page)
(Acro continued)

7) 3-3; FC; SHD-SHD; VER-VER; 1FT-2FT
    - prep level lib transition to 2-foot prep
8) 3-3; R; SHD-CRDL; VER-HOZ; 2 FT; TWIST 360
    - Twist 360 to cradle (3 bases start - 3 bases end; release; shoulder level to cradle position; top starts standing on 2 feet, full twist and lands horizontally in cradle catch.)

LEVEL 3 – COMPULSORY PYRAMID SKILLS

Number of Competitors: 7 Athletes
(1 thighstand group; 1 mid-base, 1 top, 2 tossers/catchers (one catcher different than toss group))
Pyramid Heat Special Requirements:
2-1-1 GRD-PK; VER-HSUP; NO TWIST

- Structure: (bases in thigh stand; mid-level standing with arms extended overhead)
- Tossers: 2 tossers place the top from ground to peak of pyramid - no twist up; tosser behind top will move behind structure after entry
- Dismount: 2 catchers

Descending: 2-1-1 PK-GRD; HSUP - VER; TWIST 180

- Top descends from peak of pyramid to ground from hand support with 2 catchers - ½ twist down

LEVEL 3 – COMPULSORY TOSS SKILLS

Groups: 2 Synchronized Groups
Number of Competitors: 5 Athletes/ group (10 athletes total)
Additional Clarifications: Toss (Top) face Left side of floor
Toss Heat Special Requirements: Front Layout (270° front layout toss to catch)

- 4 bases (2 side bases, 1 front base, 1 back base) > front layout toss.

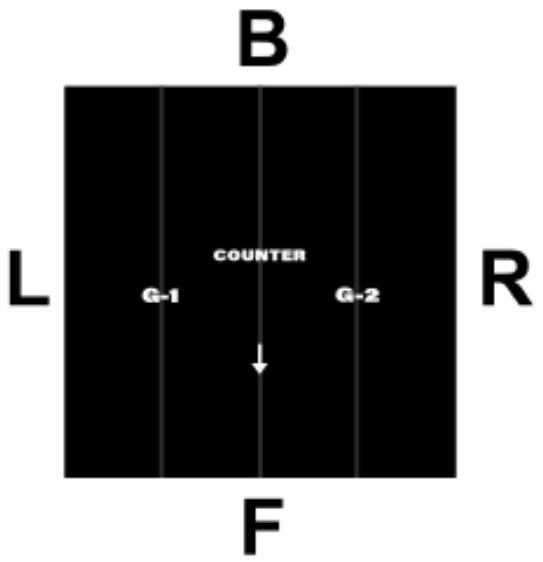
LEVEL 3 – COMPULSORY TUMBLING SKILLS

Number of Competitors: Two (2) rows of 3 athletes = 6 athletes total)
Tumbling Heat Special Requirements:

1) Back handspring rebound stick
2) Straddle Jump 120°-150° (arms optional; must be the same position throughout the group), back handspring rebound stick
3) Back walkover, back handspring rebound stick
4) From the Left side of the floor > 2-step hurdle round-off back handspring back tuck stick

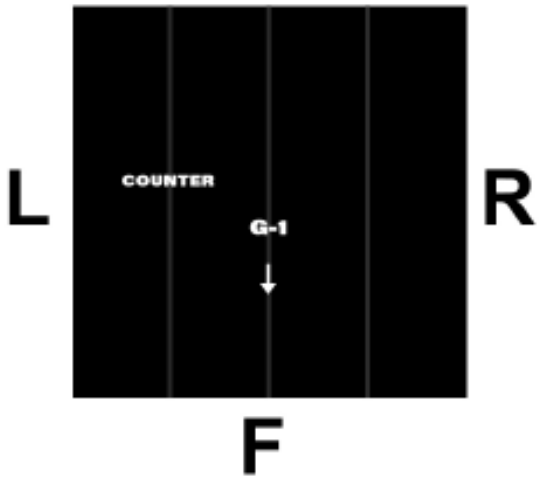
Compulsory Formations
Level 3

ACRO



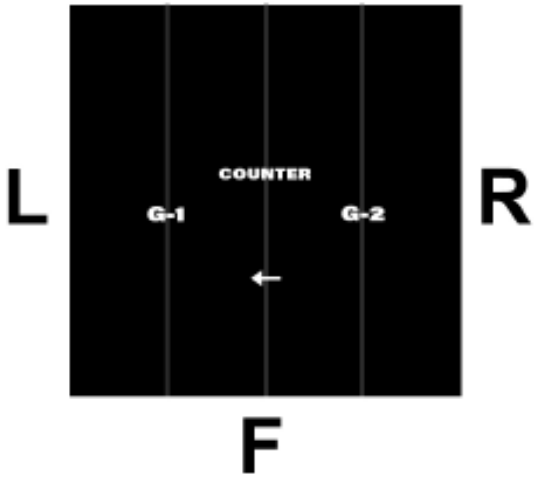
Section 1: Top starts facing B
Section 2: Top starts facing R
Section 3: Top starts facing F

PYRAMID



Top starts facing F

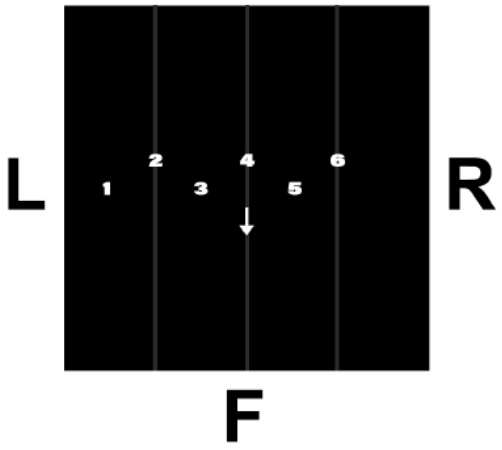
TOSS



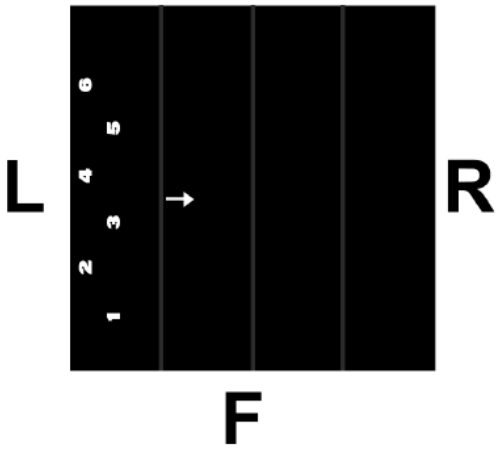
Top starts facing L

Compulsory Tumbling Formations
Level 3

Skills 1-3



Skill 4



LEVEL 3: COMPULSORY ACRO

COUNT SHEET

	5	
	6	
	7	
	8	

1	1	
	2	
	3	
	4	
	5	Set for assisted toe pitch
	6	
	7	
	8	

6	1	Top and base connect hands (base facing left side of floor)
	2	
	3	Dip for half-up to shoulder stand
	4	
	5	Top's left foot steps on base's left shoulder
	6	
	7	Top's right foot steps on base's right shoulder
	8	

10	1	
	2	
	3	
	4	
	5	
	6	
	7	Set for prep-level lib (facing the side)
	8	

2	1	Dip for assisted toe pitch
	2	
	3	Throw toe pitch
	4	
	5	Land in toe pitch (back assisting base assists main base to catch top's feet)
	6	
	7	
	8	

7	1	Second base steps in
	2	
	3	Second base lifts arms to catch
	4	
	5	Dip for pop-over to inversion
	6	
	7	Top in tucked position
	8	

11	1	Dip for prep-level lib
	2	
	3	Top hits lib at prep level (tops arms optional)
	4	
	5	
	6	
	7	
	8	

3	1	Front assisting base moves to the side to prepare for dismount
	2	
	3	
	4	
	5	Dip for pop-off dismount
	6	
	7	Throw dismount
	8	

8	1	Top's legs come together for inversion
	2	
	3	
	4	
	5	
	6	
	7	
	8	

12	1	Top - lowers bent leg to hit prep position.
	2	
	3	
	4	
	5	Dip for 360 cradle
	6	
	7	Throw for cradle
	8	

4	1	Land dismount
	2	
	3	
	4	
	5	Clean
	6	
	7	Transition to second segment
	8	

9	1	Top tucks legs for dismount
	2	
	3	Top lands dismount
	4	
	5	Clean
	6	
	7	Transition to third segment
	8	

13	1	Catch in cradle
	2	
	3	
	4	
	5	Set out
	6	
	7	Clean
	8	

5	1	
	2	
	3	
	4	
	5	
	6	
	7	
	8	

14	1	
	2	
	3	

LEVEL 3: COMPULSORY PYRAMID					
COUNT SHEET					
Mid-base and thigh stand bases			*Top and tossers/catchers*		
	1			5	
	2			6	
	3			7	
	4			8	
	5			5	
	6			6	
	7	Bases squat for thigh stand		7	Front assist is standing in front of the mid-base
	8			8	
1	1	Mid-base grabs front assist's shoulders	1	1	
	2			2	
	3			3	
	4			4	
	5	Mid-base lifts one leg onto base's thigh		5	
	6			6	
	7			7	
	8			8	
2	1	Mid-base hits thigh stand position	2	1	
	2			2	
	3	Set (mid-base grabs top's hands; Tossers set for Entry)		3	Front assist moves to right side of primary bases; Set (top and mid-base connect hands, top puts foot into tossers (1) hands, tosser (2) grabs from the back)
	4			4	
	5			5	
	6			6	
	7			7	
	8			8	
3	1	Mid-base lifts top to front support position	3	1	Dip to lift up to front support position
	2			2	
	3			3	
	4			4	
	5			5	Top hits front support position
	6			6	
	7			7	Tossers release top's feet; Tosser (2) stands behind pyramid structure
	8			8	
4	1		4	1	Tosser (1) & Front Assist move to catching position
	2			2	
	3			3	
	4	Mid-base assists top for twist dismount		4	Top begins twisting dismount
	5			5	
	6			6	
	7			7	
	8			8	Top lands on the ground
5	1		5	1	
	2			2	
	3			3	
	4	Mid-base jumps to ground		4	
	5	Clean (all)		5	Clean (all)
	6			6	
	7			7	
	8			8	
6	1		6	1	

LEVEL 3: COMPULSORY TOSS					
COUNT SHEET					
	5	Bases start set, top starts holding bases' shoulders			
	6				
	7				
	8				
1	1	Dip to jump into toss	3	1	Dip
	2			2	
	3			3	Throw toss
	4			4	
	5	Top's feet land on bases' hands		5	Catch toss
	6			6	
	7			7	
	8			8	
2	1	Top stands up	4	1	
	2			2	
	3			3	Set out
	4			4	
	5	Top preps for toss (i.e. lift arms)		5	Clean
	6				
	7				
	8				

LEVEL 3: TUMBLING								
COUNT SHEET								
	1	start set in windows		1	stick		1	2 Step Run
	2			2			2	
	3			3	clean		3	Hurdle
	4			4			4	round-off
	5	set for backhandspring		5	1 step forward; close		5	backhandspring
	6			6			6	
	7			7			7	back tuck
1	8		5	8		10	8	
	1	swing arms fro backhandspring		1	both arms up high, point dominate foot forward on the floor		1	stick
	2			2			2	
	3	hands hit floor		3	place hands on floor		3	
	4	rebound		4			4	
	5	stick		5	pass through to backhandspring		5	clean
	6			6			6	
	7	clean		7	hands hit floor		7	
2	8		6	8		11	8	
	1	1 step forward, close		1	rebound		1	
	2			2			2	
	3			3	stick		3	
	4			4			4	
	5			5	clean		5	
	6			6			6	
	7			7			7	
3	8		7	8		12	8	
	1	hit high V		1	turn right and walk to new position		1	
	2			2			2	
	3	initiate swing cross arms in front of body		3			3	
	4	hit straddle		4			4	
	5	pass through to backhandspring		5			5	
	6	hands hit floor		6			6	
	7	rebound		7			7	
4	8		8	8		13	8	
				1		14	1	
				2				
				3				
				4				
				5				
				6				
				7				
			9	8				

LEVEL 4 COMPULSORY – SKILLS, SPACING & COUNT SHEETS

LEVEL 4 – COMPULSORY ACRO SKILLS

Groups: 2 Synchronized Groups

Number of Competitors:

- 4 athletes/group (8 athletes total)
- Any athlete that is part of an Acro group may compete in any position, within that group, throughout the complete compulsory sequence.
- An athlete may not switch groups.

Acro Heat Special Requirements: This Compulsory Acro is divided into three (3) skill segments. A segment ends when the top lands back on the ground. The next segment begins when the top leaves the ground.

Segment 1:

- 2-1; R; H-F; GRD-SHD; VER-VER 2FT
  - Assisted Toe pitch
  - 2 bases starting-1 base ending/catching; release; Primary base's hands are holding top's foot-lifts, releases and catches top's feet at shoulder level; secondary base assists top from floor and releases; top starts and ends standing on 2 feet.
- 1-2; R; SHD-GRD; VER-VER; flip 360
  - Back tuck off
  - Primary base initiates dismount – primary base and secondary base catch top for landing.

Segment 2: (2 bases) Straddle hold pop-over to inversion, top's hands switch over to 1 base, pop dismount to land on floor with 1 base catching on the side

- 1-1; FC; H-H; GRD-EXT; VER-HSUP "S"
  - Front support position, single base straddle hold
  - Primary base faces Left side of floor
- 1-2; FC; EXT-EXT; HSUP "S"-INV NON HS
  - Pop over to invert non-handstand
- 2-1; FC; EXT-EXT; INV NON HS-INV NON HS
  - Release to hold invert, non-handstand (first base release hand for top to move hands to second base wrist)
- 1-1; R; EXT-GRD; INV NON HS-VER
  - Pop off top to feet with base one assisting landing to floor

Segment 3: Extended liberty, arabesque, full-down cradle with group turning to land to the front

1) 3-3; FC; GRD-EXT; VER-VER; 1FT NO FLEX
   - Liberty extension - facing Left side of floor
2) Left foot extends downward beside right foot
3) Extended left leg to arabesque

4) 3-3 R; EXT-CRDL; VER-HOZ; TWIST 360
    - 360° dismount with quarter turn to front cradle catch (3 bases start - 3 bases end; release; extended level to cradle position; top starts standing on 1 foot and lands horizontally in cradle catch; top goes off of 1 foot – 360 degree twist.)

LEVEL 4 – COMPULSORY PYRAMID SKILLS

Number of Competitors: 7 Athletes total
(1 thigh stand group, mid-base, top, 2 tossers/catchers2 tossers/catchers (one catcher different than tossers for pyramid entry))

Pyramid Heat Special Requirements: 2-1-1 GRD-PK; VER-HSUP "S"; TWIST 180

- Structure: (bases in thigh stand; mid-base standing with arms extended overhead)
- Tossers: 2 tossers place the top from ground to peak of pyramid - 180 twist up to straddle hold
    - Tosser behind top will move behind structure after entry.
- Dismount: 2 catchers

Descending 2-1-1 PK-GRD; HSUP "S"- VER; TWIST 180
Top descends from peak of pyramid to ground from straddle hold with 2 catchers - ½ twist down

LEVEL 4 – COMPULSORY TOSS SKILLS

Groups: 2 Synchronized Groups
Number of Competitors: 5 Athletes/group (10 athletes total)
Toss Heat Special Requirements: Back Tuck (450° back tuck salto toss to catch)

- 4 bases (2 side bases, 1 front base, 1 back base) > 450° back tuck salto.

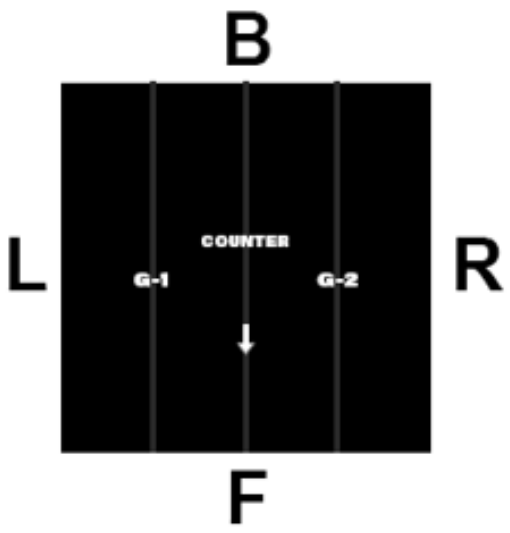
LEVEL 4 – COMPULSORY TUMBLING SKILLS

Number of Competitors: Two (2) rows of 3 athletes = 6 athletes total
Tumbling Heat Special Requirements:

1) Standing Back tuck stick
2) Straddle Jump back tuck stick
3) Back handspring back tuck stick
4) From the Left side of the floor > Two-step hurdle round-off back handspring back layout stick

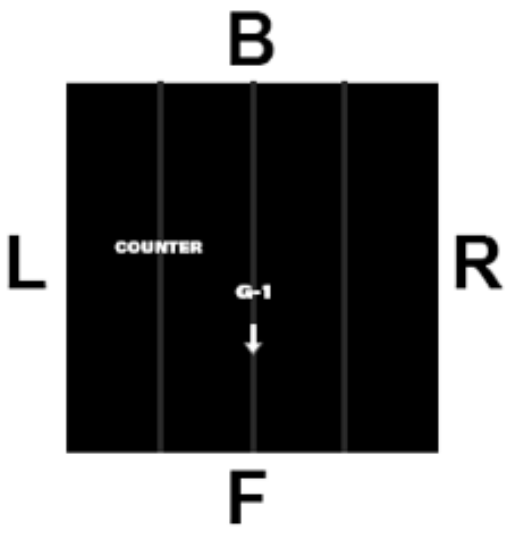
Compulsory Formations
Level 4

ACRO



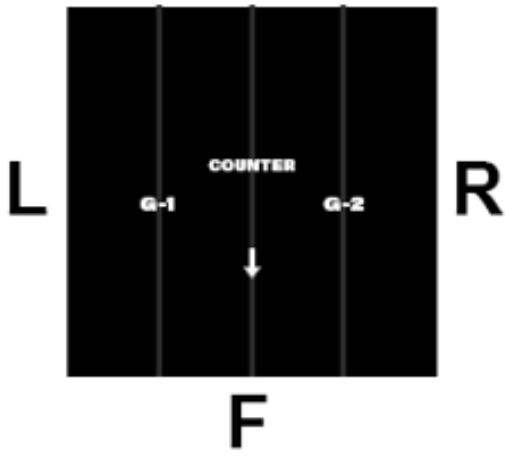
Section 1: Top starts facing B
Section 2: Top starts facing L
Section 3: Top starts facing L

PYRAMID



Top starts facing B

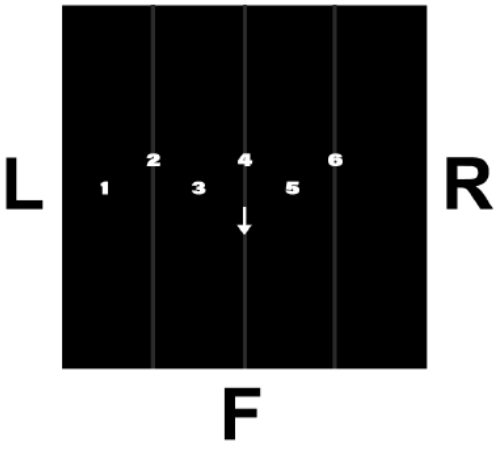
TOSS



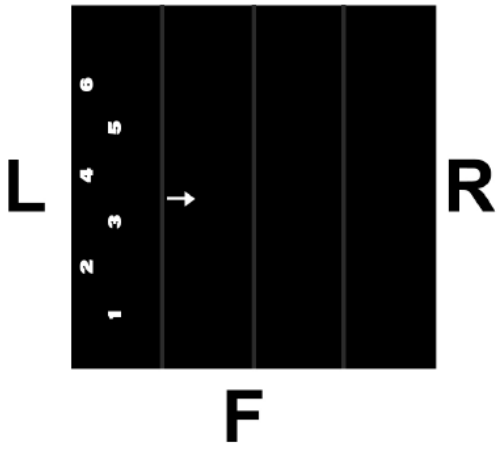
Top starts facing F

Compulsory Tumbling Formations
Level 4

Skills 1-3



Skill 4



LEVEL 4: COMPULSORY ACRO								
COUNT SHEET								
	5							
	6							
	7	Set for toe pitch						
	8							
1	1	Dip for toe pitch	6	1		11	1	Top lands
	2			2			2	
	3	Throw toe pitch		3	Top lifts knees to prep for straddle hold		3	
	4			4			4	
	5	Land in toe pitch		5	Top hits straddle hold		5	Clean
	6			6			6	
	7			7			7	*Transition to third segment*
	8			8			8	
2	1		7	1		12	1	
	2			2			2	
	3			3			3	
	4			4			4	
	5	Dip for tuck-off		5	Dip for straddle pop-over to inversion		5	
	6			6			6	
	7	Throw tuck-off		7	Top's shoulders connect with second base		7	Set for extended lib (facing the side)
	8			8			8	
3	1	Land tuck-off	8	1	Top's legs come together for inversion	13	1	Dip for extended lib
	2			2			2	
	3			3			3	Extended lib hits the top
	4			4			4	
	5	Clean		5			5	
	6			6			6	
	7	*Transition to second segment*		7			7	
	8			8			8	
4	1		9	1	Top shifts first hand over	14	1	Top - Left leg extends down
	2			2			2	
	3			3			3	Top hits arabesque
	4			4			4	
	5			5	Top shifts second hand over		5	
	6			6			6	
	7	Top and base connect hands		7			7	
	8			8			8	
5	1	Top places right foot on base's right thigh	10	1		15	1	Dip for full-down cradle (group turns to land to the front)
	2			2			2	
	3	Dip to press up to assisted front support		3			3	Throw for cradle
	4			4			4	
	5	Top hits front support position		5	Base dips for dismount		5	Catch cradle
	6			6	Base shrugs up and towards the top		6	
	7			7	Top lands		7	
	8			8			8	
						16	1	Set out
							2	
							3	Clean

LEVEL 4: COMPULSORY PYRAMID					
COUNT SHEET					
Mid-base and thigh stand bases			*Top and lifters/catchers*		
	5			5	
	6			6	
	7			7	
	8			8	
1	1	Bases squat for thigh stand, mid-base grabs top's shoulders	1	1	(Top helps the mid-layer up to thigh stand)
	2			2	
	3	Mid-base lifts one leg onto base's thigh		3	
	4			4	
	5	Dip for thigh stand		5	
	6			6	
	7			7	
	8			8	
2	1	Mid-base hits thigh stand position	2	1	
	2			2	
	3			3	
	4			4	
	5	Set (mid-base grabs top's hands)		5	Set (top and mid-base connect hands, top puts foot into primary lifter's hands, second lifter grabs from the back)
	6			6	
	7			7	
	8			8	
3	1		3	1	Dip to lift/twist up to front support position
	2			2	
	3			3	
	4			4	
	5			5	Top hits front support position
	6			6	
	7			7	
	8			8	
4	1		4	1	Top lifts knees for straddle hold
	2			2	
	3			3	
	4			4	
	5			5	Top hits straddle hold
	6			6	
	7			7	
	8			8	
5	1	Mid-base helps top spin for descent	5	1	Top begins twisting descent
	2			2	
	3			3	
	4			4	
	5			5	Top hits the ground
	6			6	
	7			7	
	8			8	
6	1	Mid-base jumps to ground	6	1	
	2			2	
	3	Clean (all)		3	Clean (all)

LEVEL 4: COMPULSORY TOSS					
COUNT SHEET					
	5	Bases start set, top starts holding bases' shoulders			
	6				
	7				
	8				
1	1	Dip to jump into toss	3	1	Toss group initiates dip
	2			2	Remaining counts will be dependent on toss technique.Top must be held for 2 counts after catch and before setting out. Must CLEAN after top has been set out of catch.
	3			3	
	4			4	
	5	Top's feet land on bases' hands		5	
	6			6	
	7			7	
	8			8	
2	1	Top stands up	4	1	
	2			2	
	3			3	
	4			4	
	5	Top preps for toss (i.e. lift arms)		5	
	6				
	7				
	8				

LEVEL 4: COMPULSORY TUMBLING												
COUNT SHEET												
	5	Start set in windows										
	6											
	7											
	8											
1	1	Dip for standing back tuck	5	1		9	1	
	2			2			2	
	3	Land standing back tuck		3			3	
	4	Arms in stick position		4			4	
	5			5			5	
	6			6			6	
	7	Clean		7			7	
	8			8			8	
2	1	Step forward	6	1	Dip for standing back handspring	10	1	Step 1 (swing arms)
	2			2			2	Step 2 (hurdle)
	3	Clean		3	Set for back tuck		3	
	4			4			4	Hands down for round off
	5			5	Land back tuck		5	Land round off
	6			6	Arms in stick position		6	Hands hit floor for back handspring
	7			7			7	Land back handspring/set for back layout
	8			8			8	
3	1	Hit high V	7	1	Clean	11	1	Land back layout
	2			2			2	
	3	Initiate swing cross arms in front of body		3	Turn to walk to side of mat		3	
	4	Hit straddle		4			4	
	5	Dip for standing back tuck		5			5	Clean
	6			6				
	7	Land standing back tuck		7				
	8	Arms in stick position		8				
4	1		8	1				
	2			2				
	3	Clean		3				
	4			4				
	5	Step forward		5				
	6			6				
	7	Clean		7				
	8			8				

ACRO EVENT (Levels 3 & 4 Only)

Teams will be allowed to choose from the list of available options in order to create a combination totaling their desired start value.

- Acronym definitions can be found in the abbreviation table in the appendix.

EVENT REQUIREMENTS

ACRO EVENT – LEVEL 3	
Number of Heats	2 Optional Heats • **Heat 1:** Synchronized 4 Element • **Heat 2:** 5 Element
Difficulty Restriction	Allowed Elements valued up to "B" Restricted C Elements: "C" Elements may be competed but will receive "B" value.
Special Requirements	• Heat 1: Synchronized 4 Element ○ Maximum of four (4) athletes per Acro group, two (2) acro groups total (Maximum of 8 total) ▪ Any athlete that is part of an Acro group may compete in any position, within that group, throughout the sequence. ▪ An athlete may not switch groups. ▪ Athlete repetition rule will not apply for the 2025 season
Hold Requirement	• Each skill must be held for 2 seconds once a static position has been reached.
Element Values	A = 0.2 B = 0.4 Restricted C = 0.4 (Valued as a "B")
Start Value Equation	Core Value + Elements Competed = Start Value (SV). 4 Element Acro: • 4 Element Acro has a core base value of 7.8. • The value of each element is added to 7.8 to obtain the start value. • The start value may not exceed a 9.4. 5 Element Acro: • 5 Element Acro has a core base value of 7.4. • The value of each element is added to 7.4 to obtain the start value. • The start value may not exceed a 9.4. Example: 4 Element > Core Value 7.8 + A (0.2) + B (0.4) + C (0.4) + A (0.2) = 9.0 SV

ACRO EVENT – LEVEL 4	
Number of Heats	2 Optional Heats • **Heat 1:** Synchronized 4 Element • **Heat 2:** 5 Element
Difficulty Restriction	• No difficulty restrictions.
Special Requirements	• Heat 1: Synchronized 4 Element ○ Maximum of four (4) athletes per Acro group, two (2) acro groups total (Maximum of 8 total) ▪ Any athlete that is part of an Acro group may compete in any position, within that group, throughout the sequence. ▪ An athlete may not switch groups. ▪ Athlete repetition rule will not apply for the 2025 season
Hold Requirement	• Each skill must be held for 2 seconds once a static position has been reached.
Element Values	A = 0.2 B = 0.4 C = 0.6 D = 0.8 E = 1.0
Start Value Equation	Core Value + Elements Competed = Start Value (SV). 4 Element Acro: • 4 Element Acro has a core base value of 7.6. • The value of each element is added to 7.60 to obtain the start value. • The start value may not exceed a 10.0. 5 Element Acro • 5 Element Acro has a core base value of 7.2. • The value of each element is added to 7.20 to obtain the start value. • The start value may not exceed a 10.0. Example: 4 Element > Core Value 7.6 + A (0.2) + B (0.4) + B (0.4) + C (0.6) = 9.2 SV

TABLE OF ELEMENTS



ASCENDING ELEMENTS		
A ELEMENTS [#1-99] (Value: Event - 0.20/Team - 9.2)		
FULL CONTACT		***RELEASE***
ASCENDING TO HSUP "I"	**ASCENDING TO HSUP "S"**	**ASCENDING TO SHD VER**
1) 2-2; FC; GRD-EXT; VER-VER; HSUP "I"	4) 2-2; FC; GRD-EXT; VER-VER; VER HSUP "S"	50) 2-2; R; GRD-SHD; VER-VER; 2FT
12) 2-1; FC; GRD-EXT; VER-VER; HSUP "I"	5) 1-2; FC; SHD-EXT; VER-VER; VER HSUP "S"	
11) 1-1; FC; GRD-EXT; VER-VER; HSUP "I"	**ASCENDING TO SHD VER**	
ASCENDING TO HSUP "L"	6) 2-1; FC; GRD-SHD; VER-VER; 2FT	
2) 2-2; FC; GRD-EXT; VER-VER; VER HSUP "L"	7) 1-1; FC; H-H; GRD-SHD; VER-VER; 2FT	
3) 2-2; FC; EXT-EXT; VER-VER; VER HSUP "I"-VER HSUP "L"	8) 2-1; FC; GRD-SHD; VER-VER; 2 FT; TWIST 180	
ASCENDING TO EXT INV NON HS	9) 3-3; FC; GRD-SHD; VER-VER; 1 FT	
13) 3-2; FC; GRD-EXT; VER-INV NON HS; INV 180	10) 3-3; FC; SHD-SHD; VER-VER; 1 FT-2 FT	

ASCENDING ELEMENTS		
B ELEMENTS [#100-199] (Value: Event - 0.40/Team - 9.4)		
FULL CONTACT		***RELEASE***
ASCENDING TO HSUP "L"	**ASCENDING TO EXT VER**	**OTHER SKILLS (HOZ)**
100) 2-1; FC; GRD-EXT; VER-VER; VER HSUP "L"	108) 2-2; FC; GRD-EXT; VER-VER; 2 FT	151) 2-2; R; BLW SHD-EXT; HOZ-HOZ
101) 1-1; FC; SHD-EXT; VER-VER; VER HSUP "L"	109) 3-3; FC; GRD-EXT; VER-VER; 1 FT	152) 3-2; R; EXT-EXT; HOZ-HOZ; TWIST 180
102) 2-1; FC; GRD-EXT; VER-VER; VER HSUP "L"; TWIST 180	110) 2-3; FC; GRD-EXT; VER-VER; 1 FT	**ASCENDING TO SHD VER**
ASCENDING TO HSUP "S"	111) 2-2; FC; SHD-EXT; VER-VER; 2 FT	153) 2-2; R; H-F; GRD-SHD; VER-VER; 2FT
103) 2-1; FC; GRD-EXT; VER-VER; VER HSUP "S"	**ASCENDING TO EXT INV NON HS**	
104) 1-1; FC; SHD-EXT; VER-VER; VER HSUP "S"	112) 2-2; FC; GRD-EXT; VER-INV NON HS; INV 180	
105) 2-1; FC; SHD-EXT; VER-VER; VER HSUP "S"; TWIST 180	113) 1-2; FC; SHD-EXT; VER-INV NON HS; INV 180	
ASCENDING TO SHD VER		
106) 2-2; FC: H-H; GRD-SHD; VER-VER; 2FT; TWIST 360		
107) 3-3; FC: H-F; GRD-SHD; VER-VER; 2FT; TWIST 360		
114) 1-1; FC; H-H; GRD-SHD; VER-VER; 2FT; TWIST 180		
115) 2-1; FC; H-F; GRD-SHD; VER-VER; 2 FT; TWIST 180		

ASCENDING ELEMENTS		
C ELEMENTS [#200-299] (Value: Event - 0.60/Team - 9.6)		
FULL CONTACT		
ASCENDING TO L HSUP	**ASCENDING TO SHD VER**	**ASCENDING TO EXT INV NON HS**
200) 1-1; FC; GRD-EXT; VER-VER; VER HSUP "L"	207) 1-1; FC; H-H; GRD-SHD; VER-VER; 2 FT; TWIST 360	213) 1-2; FC; GRD-EXT; VER-INV NON HS; INV 180
202) 2-1; FC; GRD-EXT; VER-VER; VER HSUP "L"; TWIT 270	216) 1-2; FC; H-F; GRD-SHD; VER-VER; 2 FT; TWIST 180	214) 2-1; FC; GRD-EXT; VER-INV NON HS; INV 180
		219) 1-1; FC; SHD-EXT; VER-INV NON HS
ASCENDING TO S HSUP	**ASCENDING TO EXT VER**	**EXT-EXT INVERSIONS**
203) 1-1; FC; GRD-EXT; VER-VER; VER HSUP "S"	209) 3-2; FC; GRD-EXT; VER-VER; 1 FT	215) 2-1; FC; EXT-EXT; INV NON HS-INV NON HS
204) 2-1; FC; GRD-EXT; VER-VER; VER HSUP "S"; TWIST 180	211) 3-3; FC; GRD-EXT; VER-VER; 1 FT; TWIST 180	**ASCENDING TO SHD VER**
205) 2-1; FC; GRD-EXT; VER-VER; VER HSUP "S"; TWIT 270	217) 2-1; FC; SHD-EXT; VER-VER; 2FT	250) 1-2; R; H-F; GRD-SHD; VER-VER; 2FT
	218) 1-2; FC; SHD-EXT; VER-VER; 2FT	251) 2-1; R; H-F; GRD-SHD; VER-VER; 2FT

ASCENDING ELEMENTS

D ELEMENTS [#300-399] (Value: Event - 0.80/Team - 9.8)

FULL CONTACT		*RELEASE*
ASCENDING TO L HSUP	**ASCENDING TO SHD HS**	**ASCENDING TO BLW SHD**
300) 1-1; FC; GRD-EXT; VER-VER; VER HSUP "L"; TWIST 180	317) 1-1; FC; SHD-SHD; VER-INV 2H HS; INV 180	351) 3-3; R; GRD-BLW SHD; INV-VER 2 FT; INV 180
301) 1-1; FC; GRD-EXT; VER-VER; VER HSUP "L"; TWIST 270	318) 1-2; FC; SHD-SHD; VER-INV 2H HS; INV 180	352) 3-3; R; GRD-BLW SHD; INV-VER 2 FT; INV 180; TWIST 180
	319) 2-1; FC; SHD-SHD; VER-INV 2H HS; INV 180	**ASCENDING TO SHD VER**
ASCENDING TO S HSUP	**ASCENDING TO EXT HS**	353) 1-1; R; H-F; GRD-SHD; VER-VER; 2 FT
303) 1-1; FC; GRD-EXT; VER-VER; VER HSUP "S"; TWIST 180	320) 2-2; FC; SHD-EXT; VER-INV 2H HS; INV 180	354) 2-1; R; GRD-SHD; VER-VER; 2 FT
304) 1-1; FC; GRD-EXT; VER-VER; VER HSUP "S"; TWIST 270	**ASCENDING TO EXT INV NON HS**	355) 2-1; R; H-W; GRD-SHD; VER-VER; 2 FT
	321) 1-2; FC; GRD-EXT; VER-INV NON HS; INV 180; TWIST 180	356) 1-2; R; H-W; GRD-SHD; VER-VER; 2 FT
ASCENDING TO SHD VER	322) 2-2; FC; EXT-EXT; VER-INV NON HS; INV 180	357) 2-2; R; BLW SHD-SHD; INV-VER 2 FT; INV 180
306) 2-3; FC; H-F; GRD-SHD; VER-VER; 2 FT; TWIST 360	**EXT-EXT INVERSIONS**	358) 2-2; R; SHD-SHD; VER-VER; 2 FT; TWIST 180
307) 3-2; FC; H-F; GRD-SHD; VER-VER; 2 FT; TWIST 360	323) 1-2; FC; EXT-EXT; VER HSUP "S"-INV NON HS; INV 180	**ASCENDING TO EXT VER**
309) 1-1; FC; H-F; GRD-SHD; VER-VER; 2 FT; TWIST 180	324) 1-2; FC; EXT-EXT; VER HSUP "L"-INV NON HS; INV 180	359) 3-3; R; EXT-EXT; VER-VER; 1 FT
		360) 2-2; R; SHD-EXT; VER-VER; 2 FT
ASCENDING TO EXT VER		361) 1-2; R; SHD-EXT; VER-VER; 2 FT
310) 2-2; FC; GRD-EXT; VER-VER; 1 FT		**RELEASE INV-SHD**
311) 2-3; FC; GRD-EXT; VER-VER; 1 FT FLEX		362) 2-2; R; BLW SHD-SHD; INV-VER 2 FT; INV 180
312) 3-2; FC; GRD-EXT; VER-VER; 1 FT FLEX		**OTHER SKILLS (HOZ)**
313) 1-1; FC; SHD-EXT; VER-VER; 2 FT		363) 2-3; R; EXT-EXT; VER 2 FT FD HOZ
314) 2-2; FC; SHD-EXT; VER-VER; 2 FT-1 FT		
315) 2-2; FC; EXT-EXT; VER-VER; 1 FT-2 FT		
316) 2-2; FC; EXT-EXT; VER-VER; 2 FT-1 FT		
325) 1-1; FC; SHD-EXT; VER-VER; VER 2FT-VER HSUP "S"; Base 1H		

ASCENDING ELEMENTS

E ELEMENTS [#400-499] (Value: Event - 1.0/Team - 10.0)

FULL CONTACT		*RELEASE*
ASCENDING TO EXT VER	**ASCENDING TO EXT INV NON HS**	**ASCENDING TO SHD VER**
400) 2-3; FC; GRD-EXT; VER-VER; 1 FT; TWIST 180	414) 1-2; FC; SHD-EXT; INV 2H HS-INV NON HS	451) 1-1; R; H-W; GRD-SHD; VER-VER; 2 FT
401) 3-2; FC; GRD-EXT; VER-VER; 1 FT; TWIST 180	**INLOCATE TO HAND IN HAND AT SHD**	452) 2-1; R; GRD-SHD; VER-VER; 2 FT; TWIST 180
402) 2-2; FC; GRD-EXT; VER-VER; 2 FT; TWIST 180	415) 1-2; FC; GRD-SHD; VER-INV 2H HS; INV 180 (INLOCATE)	453) 1-2; R; GRD-SHD; VER-VER; 2 FT; TWIST 180
404) 1-2; FC; GRD-EXT; VER-VER; 1 FT	416) 2-1; FC; SHD-SHD; VER-INV 2H HS; INV 180 (INLOCATE)	454) 2-2; R; SHD-SHD; INV-VER 2 FT; INV 180
406) 1-2; FC; GRD-EXT; VER-VER; 2 FT; TWIST 180		455) 1-2; R; SHD-SHD; VER-VER; 2 FT; TWIST 180
407) 1-2; FC; SHD-EXT; VER-VER; 2 FT-1 FT		456) 2-1; R; SHD-SHD; VER-VER; 2 FT; TWIST 180
408) 1-2; FC; SHD-EXT; VER-VER; 1 FT		**ASCENDING TO EXT VER**
417) 1-1; FC; SHD-EXT; VER-VER; VER 2FT-VER HSUP "S" 1H; Base 1H		457) 3-3; R; GRD-EXT; VER-VER; 1 FT OR 1FT FLEX
		458) 1-2; R; SHD-EXT; VER-VER; 2 FT
ASCENDING TO SHD HS		459) 2-2; R; SHD-EXT; VER-VER; 2 FT; TWIST 180
409) 1-2; FC; GRD-SHD; VER-INV 2H HS; INV 180		460) 2-2; R; EXT-EXT; VER-VER; 2 FT; TWIST 180
410) 1-2; FC; GRD-SHD; VER-INV 2H HS; INV 180; TWIST 90		461) 2-2; R; GRD-EXT; VER-VER; 2 FT
411) 2-1; FC; GRD-SHD; VER-INV 2H HS; INV 180		462) 2-2; R; SHD-EXT; VER-VER; 1 FT
412) 2-1; FC; GRD-SHD; VER-INV 2H HS; INV 180; TWIST 90		**SHD-EXT 2 FEET PRESSES/RELEASES**
ASCENDING TO EXT HS		463) 1-2; R; SHD-EXT; VER-VER; 2 FT
413) 2-2; FC; SHD-EXT; INV 2H HS-INV 2H HS		**EXT-EXT POP AROUNDS**
		464) 3-3; R; EXT-EXT; VER-VER; 2 FT; TWIST 180

DESCENDING ELEMENTS

A ELEMENTS [#500-599] (Value: Event - 0.20/Team - 9.2)

FULL CONTACT		*RELEASE*
DISMOUNTS FROM I SUP	**DISMOUNTS FROM EXT HS**	**DISMOUNTS FROM HSUP "L"**
516) 1-1; FC; EXT-GRD; VER-VER; HSUP "I"-2 FT; NO TWIST	513) 2-2; FC; EXT-GRD; INV 2H HS-VER; INV 180	551) 1-1; R; EXT-GRD; VER-VER; HSUP "L"-2 FT; NO TWIST
517) 1-1; FC; EXT-GRD; VER-VER; HSUP "I"-2 FT; TWIST 180	**DISMOUNTS FROM EXT NON HS**	552) 1-2; R; EXT-GRD; VER-VER; HSUP "L"-2 FT; NO TWIST
518) 2-1; FC; EXT-GRD; VER-VER; HSUP "I"-2 FT; NO TWIST	514) 2-2; FC; EXT-GRD; INV NON HS-VER; INV 180; NO TWIST	553) 2-1; R; EXT-GRD; VER-VER; HSUP "L"-2 FT; NO TWIST
DISMOUNTS FROM L SUP	515) 2-2; FC; EXT-GRD; INV NON HS-VER; INV 180; TWIST 90	**DISMOUNTS FROM HSUP "S"**
500) 1-1; FC; EXT-GRD; VER-VER; HSUP "L"-2 FT; NO TWIST		554) 1-1; R; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 180
501) 2-1; FC; EXT-GRD; VER-VER; HSUP "L"-2 FT; NO TWIST		555) 1-2; R; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 180
502) 1-2; FC; EXT-GRD; VER-VER; HSUP "L"-2 FT; NO TWIST		556) 2-1; R; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 180
DISMOUNTS FROM S SUP		**DISMOUNTS FROM SHD VER**
503) 1-1; FC; EXT-GRD; VER-VER; HSUP "S"-2 FT; NO TWIST		557) 1-1; R; SHD-GRD; VER-VER; 2 FT
504) 1-2; FC; EXT-GRD; VER-VER; HSUP "S"-2 FT; NO TWIST		558) 1-2 R; SHD-GRD; VER-VER; 2 FT
505) 2-1; FC; EXT-GRD; VER-VER; HSUP "S"-2 FT; NO TWIST		559) 2-2; R; SHD-GRD; VER-VER; 2FT
506) 2-2; FC; EXT-GRD; VER-VER; HSUP "S"-2 FT; NO TWIST		560) 2-1; R; SHD-GRD; VER-VER; 2 FT
DISMOUNTS FROM EXT VER		565) 3-3; R; SHD-CRDL; VER-HOZ; 1 FT; NO TWIST
507) 3-3; FC; EXT-BLW SHD; VER-VER; VER 2 FT		**DISMOUNTS FROM EXT VER**
508) 2-2; FC; EXT-BLW SHD; VER-VER; VER 2 FT		561) 3-1; R; EXT-GRD; VER-VER; VER 2 FT
509) 2-2; FC; EXT-SHD; VER-VER; 2 FT		562) 2-2; R; EXT-GRD; VER-VER; 2FT
510) 2-1; FC; EXT-SHD; VER-VER; 2 FT		**DISMOUNTS FROM EXT NON HS**
511) 2-2; FC; EXT-SHD; VER-VER; 1 FT-2 FT		563) 2-2; R; EXT-GRD; INV NON HS-VER; INV 180; NO TWIST
512) 2-1; FC; EXT-SHD; VER-VER; 1 FT -2 FT		564) 2-2; R; EXT-GRD; INV NON HS-VER; INV 180; TWIST 90

DESCENDING ELEMENTS

B ELEMENTS [#600-699] (Value: Event - 0.40/Team - 9.4)

FULL CONTACT	*RELEASE*	
DISMOUNTS FROM HSUP "L"	**DISMOUNTS FROM L SUP**	**DISMOUNTS FROM EXT VER**
600) 1-1; FC; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 180	651) 1-1; R; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 180	663) 1-1; R; EXT-GRD; VER-VER; 2 FT
601) 2-1; FC; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 180	652) 1-2; R; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 180	664) 2-1; R; EXT-GRD; VER-VER; 2 FT
602) 1-2; FC; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 180	653) 2-1; R; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 180	665) 1-2; R; EXT-GRD; VER-VER; 2 FT
DISMOUNTS FROM HSUP "S"	**DISMOUNTS FROM S SUP**	666) 1-2; R; EXT-GRD; VER-VER; 1 FT
603) 1-1; FC; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 180	654) 1-1; R; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 180	667) 2-2; R; EXT-GRD; VER-VER; 1 FT
604) 1-2; FC; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 180	655) 1-2; R; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 180	675) 3-3; R; EXT-BLW; VER-CRDL; 1 FT; NO TWIST
605) 2-1; FC; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 180	656) 2-1; R; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 180	**DISMOUNTS FROM SHD HS**
614) 1-1; FC; EXT-GRD; VER-VER; VER HSUP "S"-VER 2FT; Base 1H; Base TWIST 180	657) 1-1; R; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 270	668) 1-1; R; SHD-GRD; INV 2H HS-VER; INV 180; TWIST 180
615) 1-1; FC; EXT-GRD; VER-VER; VER HSUP "S" 1H-VER 2FT; Base 1H; Base TWIST 180	658) 1-2; R; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 270	669) 1-2; R; SHD-GRD; INV 2H HS-VER; INV 180; TWIST 180
606) 1-1; FC; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 270	659) 2-1; R; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 270	670) 2-2; R; SHD-GRD; INV 2H HS-VER; INV 180; TWIST 180
607) 1-2; FC; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 270	**DISMOUNTS FROM SHD VER**	**DISMOUNTS FROM EXT NON HS**
608) 2-1; FC; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 270	660) 1-1; R; SHD-GRD; VER-VER; 2 FT; TWIST 180	671) 1-1; R; EXT-GRD; INV NON HS-VER; INV 180; NO TWIST
DISMOUNTS FROM EXT HS	661) 1-2; R; SHD-GRD; VER-VER; 2 FT; TWIST 180	672) 2-1; R; EXT-GRD; INV NON HS-VER; INV 180; NO TWIST
609) 2-2; FC; EXT-GRD; INV 2H HS-VER; INV 180; TWIST 180	662) 2-1; R; SHD-GRD; VER-VER; 2 FT; TWIST 180	673) 1-1; R; EXT-GRD; INV NON HS-VER; INV 180; TWIST 180
DISMOUNTS FROM SHD HS	676) 3-3; R; SHD-BLW; VER-CRDL; 2 FT; TWIST 360	674) 2-1; R; EXT-GRD; INV NON HS-VER; INV 180; TWIST 180
610) 1-1; FC; SHD-GRD; INV 2H HS-VER; INV 180 (INLOCATE)		
611) 1-1; FC; SHD-GRD; INV 2H HS-VER; INV 180; TWIST 180		
DISMOUNTS FROM EXT NON HS		
612) 1-1; FC; EXT-GRD; INV NON HS-VER; INV 180; TWIST 90		
613) 2-1; FC; EXT-GRD; INV NON HS-VER; INV 180; TWIST 90		

DESCENDING ELEMENTS

C ELEMENTS [#700-799] (Value: Event - 0.60/Team - 9.6)

FULL CONTACT		*RELEASE*
DISMOUNTS FROM HSUP "L"	**DISMOUNTS FROM EXT HS**	**DISMOUNTS FROM EXT VER**
700) 1-1; FC; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 270	710) 2-1; FC; EXT-GRD; INV 2H HS-VER; INV 180; TWIST 180	751) 1-1; R; EXT-GRD; VER-VER; 1 FT
701) 1-2; FC; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 270	711) 1-2; FC; EXT-GRD; INV 2H HS-VER; INV 180; TWIST 180	752) 2-1; R; EXT-GRD; VER-VER; 1 FT
702) 2-1; FC; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 270	712) 2-2; FC; EXT-SHD; INV 2H HS-INV 2H HS	753) 3-3; R; EXT-BLW; VER-CRDL; 1 FT; TWIST 360
DISMOUNTS FROM HSUP "S"	713) 2-1; FC; EXT-SHD; INV 2H HS-INV 2H HS	**DISMOUNTS FROM EXT NON HS**
715) 1-1; FC; EXT-GRD; VER-VER; VER HSUP "S" 1H-VER 2FT; Base 1H; TWIST 180	714) 1-2; FC; EXT-SHD; INV 2H HS-INV 2H HS	754) 2-1; R; EXT-GRD; INV NON HS-VER; FLIP 180
703) 1-2; FC; EXT-GRD; VER-VER; VER-HSUP "S"; FLIP 360		755) 1-1; R; EXT-GRD; INV NON HS-VER; INV 180; TWIST 180
704) 1-1; FC; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 360		756) 2-1; R; EXT-GRD; INV NON HS-VER; INV 180; TWIST 180
705) 1-2; FC; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 360		757) 2-2; R; EXT-GRD; INV NON HS-VER; INV 180; TWIST 180
706) 2-1; FC; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 360		**DISMOUNTS FROM EXT HS**
DISMOUNTS FROM SHD HS		758) 1-1; R; EXT-GRD; INV 2H HS-VER; INV 180; TWIST 180
707) 1-1; FC; SHD-BLW; INV 2H HS-CRDL; INV 90; TWIST 360		759) 2-1; R; EXT-GRD; INV 2H HS-VER; INV180; TWIST 180
708) 1-2; FC; SHD-BLW; INV 2H HS-CRDL; INV 90; TWIST 360		760) 1-2; R; EXT-GRD; INV 2H HS-VER; INV 180; TWIST 180
709) 2-2; FC; SHD-BLW; INV 2H HS-CRDL; INV 90; TWIST 360		**DISMOUNTS OTHER SKILLS (HOZ)**
		761) 1-1; R; EXT-GRD; HOR-VER; HOZ-FD or UP FT APART; FLIP 270

DESCENDING ELEMENTS

D ELEMENTS [#800-899] (Value: Event - 0.80/Team - 9.8)

FULL CONTACT	*RELEASE*	
DISMOUNTS FROM L SUP	**DISMOUNTS FROM L SUP**	**DISMOUNTS FROM EXT VER**
800) 1-1; FC; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 360	851) 1-1; R; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 270	865) 2-2; R; EXT-GRD; VER-VER; 2 FT; TWIST 180
801) 1-2; FC; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 360	852) 1-2; R; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 270	866) 1-2; R; EXT-GRD; VER-VER; 2 FT; TWIST 180
802) 2-1; FC; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 360	853) 2-1; R; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 270	867) 2-3; R; EXT-BLW; VER-CRDL; 1 FT; TWIST 360
803) 2-2; FC; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 360	854) 1-1; R; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 360	868) 3-3; R; EXT-BLW; VER-CRDL; 1 FT; TWIST 360
804) 1-2; FC; EXT-GRD; VER-VER; VER-HSUP "L" FLIP 360	855) 1-2; R; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 360	**DISMOUNTS FROM SHD HS**
DISMOUNTS FROM EXT VER	856) 2-1; R; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 360	869) 1-1; R; SHD-GRD; INV 2H HS-VER; INV 180 (INLOCATE)
805) 1-2; FC; EXT-BLW SHD; VER-VER; VER 2 FT	**DISMOUNTS FROM S SUP**	**DISMOUNTS FROM EXT HS**
806) 1-2; FC; EXT-SHD; VER-VER; 2 FT	857) 1-1; R; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 360	870) 1-2; R; EXT-BLW; INV 2H HS-CRDL; INV 90; TWIST 360
807) 1-1; FC; EXT-SHD; VER-VER; 2 FT	858) 1-2; R; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 360	871) 2-2; R; EXT-BLW; INV 2H HS-CRDL; INV 90; TWIST 360
808) 1-2; FC; EXT-SHD; VER-VER; 1 FT-2 FT	859) 2-1; R; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 360	**DISMOUNTS FROM EXT NON HS**
DISMOUNTS FROM EXT NON HS	**DISMOUNTS FROM SHD VER**	872) 1-1; R; EXT-GRD; INV NON HS-VER; INV 180; TWIST 360
809) 2-1; FC; EXT-GRD; INV NON HS-VER; INV 180; TWIST180	860) 1-1; R; SHD-GRD; VER-VER; 2 FT; TWIST 360	873) 2-1; R; EXT-GRD; INV NON HS-VER; INV 180; TWIST 360
810) 2-1; FC; EXT-GRD; INV NON HS-VER; INV 180; TWIST 270	861) 1-2; R; SHD-GRD; VER-VER; 2 FT; TWIST 360	874) 2-2; R; EXT-GRD; INV NON HS-VER; INV 180; TWIST 360
DISMOUNTS OTHER SKILLS (HOZ)	862) 2-1; R; SHD-GRD; VER-VER; 2 FT; TWIST 360	
811) 1-1; FC; EXT-GRD; HOR-VER; HOZ-FD or UP FT APART; FLIP 270	863) 2-2; R; SHD-GRD; VER-VER; 2 FT; FLIP 360 B (Tuck)	
	864) 1-2; R; SHD-GRD; VER-VER; 2 FT; FLIP 360 B (Tuck)	

DESCENDING ELEMENTS		
E ELEMENTS [#900-999] (Value: Event - 1.0/Team - 10.0)		
FULL CONTACT	***RELEASE***	
	DISMOUNTS FROM SHD VER	**DISMOUNTS FROM EXT VER**
	951) 2-2; R; SHD-GRD; VER-VER; 2 FT; FLIP 360 B (Layout)	953) 2-2; R; EXT-GRD; VER-VER; 2 FT; TWIST 360
	952) 1-2; R; SHD-GRD; VER-VER; 2 FT; FLIP 360 B (Layout)	954) 1-2; R; EXT-GRD; VER-VER; 2 FT; TWIST 360
	959) 1-2; R; SHD-GRD; VER-VER; 2 FT; FLIP 360 B (Layout); TWIST 360	955) 2-2; R; EXT-GRD; VER-VER; 1 FT; TWIST 360
		956) 1-2; R; EXT-GRD; VER-VER; 1 FT; TWIST 360
		957) 3-3; R; EXT-BLW; VER-CRDL; 1 FT; TWIST 720
		958) 3-3; R; EXT-BLW; VER-CRDL; 1 FT FLEX; TWIST 720

PYRAMID EVENT (Levels 3 & 4 Only)

EVENT REQUIREMENTS

PYRAMID EVENT – LEVEL 3 & 4	
Number of Heats	2 Optional Heats • **Heat 1:** Open • **Heat 2:** Synchronized Identical Pyramids (2 Pyramid Groups)
Difficulty Restriction	• Level 3: Start Value of 9.7 & below • Level 4: No difficulty restrictions.
Hold Requirement	• 2 second hold for peak and modifier elements (count starts once top is static)
Additional Heat Clarifications	• VER HSUP "I" must be performed as stated. • Hand Support pyramids can be performed in a pike (VER HSUP "L") or straddle (VER HSUP "S") position.

TABLE OF ELEMENTS

Pyramid Sequences - Levels 3 & 4		
Hand Support		
Pyramid Number		*Value*
PHS1	Structure: 2.1.1 Prim Bases-1 thighstand; Mid Base-stand on thighs arms ext overhead Entry: FC; GRD-PK; VER HSUP "I" - VER; NO TWIST Tossers: 2 Dismount: FC; PK-GRD; VER HSUP "I" - VER; 180 TWIST Catchers: 2	9.40
PHS2	Structure: 3.1.1 Prim Bases-1 thighstand & 1 support in back; Mid Base-stand on thighs arms ext overhead Entry: FC; GRD-PK; VER HSUP "S"-VER; 180 TWIST Tossers: 2 Dismount: FC; PK-GRD; VER HSUP "S"-VER; 180 TWIST Catchers: 2	9.65
PHS3	Structure: 2.1.1 Prim Bases -1 thighstand group; Mid Base - standing on thighs, arms ext overhead Entry: FC; SHD-PK; VER-VER HSUP "S" Tossers: 1 Dismount: FC; PK-GRD; VER HSUP "S"- VER; TWIST 180 Catchers: 2	9.70
PHS4	Structure: 1.1.1 Prim Base – standing; Mid Base – shd sit arms ext overhead Entry: FC; SHD-PK; VER-VER HSUP "S" Tossers: 1 Dismount: FC; PK-GRD; VER HSUP "S"-VER; 180 TWIST Catchers: 1	9.70
PHS5	Structure: 2.1.1 Prim Bases-1 thighstand group; Mid Base-standing on thighs arms ext overhead Entry: FC; GRD-PK; VER-VER HSUP "S"; TWIST 180 Tossers: 1 Dismount: FC; PK-GRD; VER HSUP "S"-VER; 360 TWIST Catchers: 2	10.0
PHS6	Structure: 1.1.1 Prim Base-crab; Mid Base-stand arms ext overhead Entry: FC; GRD-PK; VER-VER HSUP "S"; TWIST 180 Tossers: 2 Dismount: FC, PK-GRD, VER HSUP "S"-VER, 180 TWIST Catchers: 2	10.0

Hand Support		
Pyramid Number		***Value***
PHS7	Structure: 1.1.1 Prim Bases - standing; Mid Base - shd sit arms ext overhead Entry: FC; SHD-PK; VER-VER HSUP "I"; TWIST 180 Tossers: 2 Dismount: FC; PK-GRD; VER HSUP "I"-VER; TWIST 180 Catchers: 2	**9.00**
PHS8	Structure: 2.1.1 Prim bases - 1 thigh stand; Mid base-stand on thighs, arms ext overhead Entry: FC; GRD-PK; VER-VER HSUP "I"; TWIST 180 Tossers: 2 Dismount: FC; PK-GRD; VER HSUP "I"-VER; TWIST 180 Catchers: 2	**9.40**
PHS9	Structure: 2.1.1 Prim bases - 1 thigh stand; Mid base-stand on thighs, arms ext overhead Entry: FC; GRD-PK; VER-VER HSUP "S"; TWIST 180 Tossers: 2 Dismount: FC; PK-GRD; VER HSUP "S"-VER; TWIST 180 Catchers: 2	**9.80**
PHS10	Structure: 1.1.1 Prim base-standing; Mid base-shd sit arms ext overhead, Entry: FC; SHD-PK; VER-VER HSUP "I"; TWIST 180 Tossers: 1 Dismount: FC; PK-GRD; VER HSUP "I"-VER; TWIST 180 Catchers: 2	**9.50**
PHS11	Structure: 2.1.1 Prim bases - 1 thigh stand; mid base-stand on thighs, arms ext overhead Entry: FC; GRD-PK; VER-VER HSUP "S"; TWIST 180; Mid base = 1 Hand Tossers: 1 Dismount: FC; PK-GRD; VER HSUP "S"-VER; TWIST 180 Catchers: 2	**10.0**
PHS12	Structure: 1.1.1 Prim base-standing; Mid base-shd sit arms ext overhead, Entry: FC; SHD-PK; VER-VER HSUP "I" Tossers: 1 Dismount: FC; PK-GRD; VER HSUP "I"-VER; TWIST 180 Catchers: 1	**9.50**
Vertical		
Pyramid Number		***Value***
PV1	Structure: 2.1.1 Prim Bases – 1 thighstand group; Mid Base – standing on thighs, arms at shd level Entry: FC; SHD-PK; VER-VER 2FT Tossers: 1 Dismount: FC; PK-CRDL; VER 2FT-HOZ; FLIP 270 (Front Flip off to Cradle) Catchers: 2	**9.50**
PV2	Structure: 1.1.1 Prim Base – back bend; Mid Base – free standing arms shd level Entry: FC; SHD-PK; VER-VER 2FT Tossers: 1 Dismount: R; PK-CRDL; VER 2FT-HOZ; FLIP 270 (Front Flip off to Cradle) Catchers: 2	**9.80**
PV3	Structure: 4.2.1 Prim Bases – 2 thighstand groups; Mid Bases – standing on thighs, arms at shd level Entry: FC; BLW SHD-PK; VER-VER 2FT; TWIST 180 Tossers: 2 Dismount: R; PK-CRDL; VER 2FT-HOZ; TWIST 180 Catchers: 3	**9.70**
PV4	Structure: 4.2.1 Prim Bases – 2 thighstand groups; Mid Bases – standing on thighs, arms at shd level Entry: FC; BLW SHD-PK; VER-VER 2FT; TWIST 180 Modifier: FC; H-F; 2FT SHD-EXT Tossers: 2 Dismount: R; PK-CRDL; VER 2FT-HOZ; TWIST 180 Catchers: 3	**10.0**

Pyramid Sequences - Levels 3 & 4		
Inverted		
Pyramid Number		***Value***
PI1	Structure: 3.1.1 Prim Bases - stand holding feet at shd level 2 under half ext 1 supporting rear seat; Mid Base-squat arms ext overhead Entry: FC; BLWSHD-PK; VER-INV NON HS; INV 180 Tossers: 2 Dismount: R; PK-CRDL; INV NON HS-HOZ; INV 90; 180 TWIST Catchers: 2	**9.50**
PI2	Structure: 2.2.1 Prim Bases standing; Mid Bases- shd sits, arms ext overhead Entry: FC; SHD-PK; VER-INV NON HS; INV 180 Tossers: 2 Dismount: FC; PK-GRD; INV NON HS-VER; INV 180 Catchers: 2	**9.60**
PI3	Structure: 2.2.1 Prim Bases - back bend; Mid Bases - standing on thighs, arms ext overhead Entry: FC; GRD-PK; VER-INV NON HS; INV 180 Tossers: 1 Dismount: R; PK-GRD; INV NON HS-VER; INV 180; 90 TWIST Catchers: 1	**9.80**
PI4	Structure: 1.2.1 Prim Base - crab; Mid Bases - free standing on thighs & shoulders arms ext overhead Entry: FC; GRD-PK; VER-INV NON HS; INV 180 Tossers: 1 Dismount: R; PK-CRDL; INV NON HS-HOZ; FLIP 90 Catchers: 2	**10.0**
PI5	Structure: 3.1.1 Prim Bases-1 thighstand & 1 support in back; Mid Base-stand on thighs arms at shd Entry: FC; GRD-PK; VER-VER 2FT; TWIST 180 Modifier: H-H; VER 2FT-INV 2H HS; INV 180 (non-press) Tossers: 1 Dismount: FC, H-H, PK-CRDL, INV 2HS-HOZ, FLIP 90 Catchers: 2	**10.0**
PI6	Structure: 2.2.1 Prim bases - standing; Mid bases-shd sits & arms ext overhead Entry: FC; SHD-PK; VER-INV NON HS; INV 180 Tossers: 3 Dismount: R; PK-CRDL; INV NON HS-HOZ; TWIST 180 Catchers: 3	**9.70**

TOSS EVENT (Level 3 & 4 Only)

EVENT REQUIREMENTS

TOSS EVENT – LEVEL 3 & 4	
Number of Heats	2 Optional Heats • **Heat 1:** Open • **Heat 2:** Synchronized Identical Tosses (2 groups with 5 athletes/group (4 bases, 1 top)
Difficulty Restriction	• Level 3: Start Value of 9.4 & below • Level 4: No difficulty restrictions.
Additional Heat Clarifications	• Direction/Angling – o Body Position Specifications: ▪ If a kick is declared the toss group must be angled corner to corner or sideline to sideline. The group(s) may not face the front or back of the mat. ▪ If a Tuck or Pike Open is declared the toss group must face sideline to sideline. The group(s) may not face corner to corner or the front or back of the mat. o Synchronized Heat: ▪ Groups must be angled in the same direction. ▪ Tops must also face the same direction.

TABLE OF ELEMENTS

TOSS TABLE OF ELEMENTS					
FORWARD ELEMENTS		**BACKWARD ELEMENTS**		**ARABIAN ELEMENTS**	
Element	***Value***	***Element***	***Value***	***Element***	***Value***
Front Flip Pike Open	9.3	Back Salto Tuck	9.5	Arabian Flip Tuck Open	9.4
Front Flip Layout	9.4	Back Salto Layout	9.65	Arabian Flip Pike Open	9.45
Kick Front Flip Layout	9.5	Kick Back Salto Layout	9.75	Arabian Flip Layout	9.5
Front Flip Pike Open 360	9.65	Back Salto Layout 360	9.9	Arabian Flip Tuck Open 360	9.7
Front Flip Layout 360	9.75	Kick Back Salto Layout 360	10	Arabian Flip Pike Open 360	9.8
Kick Front Flip Layout 360	9.85			Arabian Flip Layout 360	9.9

TUMBLING EVENT (Levels 3 & 4 Only)

EVENT REQUIREMENTS

TUMBLING EVENT – LEVEL 3 & 4	
Number of Heats	6 Optional Heats • **Heat 1:** Duo Pass (2 Athletes) – Identical Tumbling Pass • **Heat 2:** Trio Pass (3 Athletes) – Identical Tumbling Pass • **Heat 3:** Quad Pass (4 Athletes) – Identical Tumbling Pass • **Heat 4:** Open Pass (1 Athlete) • **Heat 5:** Open Pass (1 Athlete) • **Heat 6:** Open Pass (1 Athlete)
Difficulty Restriction	• Level 3: Start Value of 9.05 & below • Level 4: No difficulty restrictions.
Repetition Rule	• Repetition of a tumbling pass may not occur in a synchronized heat (heats 1, 2, 3) and repetition of a tumbling pass may not occur in an individual heat (heats 4, 5, 6). To change a pass, you must EITHER: ○ Change an individual salto within the pass, OR ○ Change the first element in the pass; OR ○ Change the Salto Skill and/or connection of saltos ▪ Direct connecting salto, or salto through to ending salto
Special Requirement (Heat 4)	• Heat 4 contain at least one of the following forward elements: ○ Front Handspring ○ Front Bounder ○ Front Salto (tuck, pike, or layout) ▪ With any degree of twist ○ Ineligible: Arabian
Athlete Restrictions	• An athlete may compete a maximum of two (2) heats. ○ An athlete may only compete in one (1) synchronized heat (heats 1, 2, 3) ○ An athlete may only compete in one (1) individual heat (heats 4, 5, 6) Example/Clarification: Athlete Sierra may compete in Heat 1 and Heat 5. She may not compete in Heats 2 and 3.

TABLE OF ELEMENTS

Running Tumbling Passes					
7.00-7.95 Start Value Passes					
	Value		***Value***		***Value***
Pass: RO BHS BHS	7.00	Pass: FHS RO BHS BHS	7.05	Pass: FHS RO BHS BHS BHS BL	7.85
Pass: FHS RO BHS	7.00				
8.00-8.45 Start Value Passes					
Pass: RO BHS BT	8.00	Pass: RO BHS BL	8.20	Pass: RO BHS WH BHS BT	8.30
Pass: RO BHS BL (S/O)	8.00	Pass: RO BL (Team Event Only)	8.20	Pass: FT RO BT	8.30
Pass: RO BT (Team Event Only)	8.00	Pass: FHS RO BHS BL	8.25	Pass: FT RO BHS BT	8.30
Pass: FHS FT	8.00	Pass: RO BHS WH BHS BHS BT	8.30	Pass: FHS RO WH BHS BL (S/O)	8.35
Pass: FHS RO BHS BT	8.05	Pass: RO WH BHS BHS BT	8.30	Pass: FHS FT RO BHS BT	8.40
Pass: FHS RO BT	8.05	Pass: RO WH BHS BT	8.30	Pass: FHS FT RO BHS BHS BT	8.40
8.50-8.95 Start Value Passes					
Pass: RO WH BHS BHS BL	8.50	Pass: FHS RO WH BHS BHS BL (S/O)	8.55	Pass: RO WH BT	8.70
Pass: FT RO BHS BL	8.50	Pass: FHS RO WH BHS BL	8.55	Pass: RO BHS WH BT	8.70
Pass: RO BHS BL180	8.50	Pass: FHS RO WH BHS BHS BL	8.55	Pass: FT RO WH BT	8.80
Pass: RO BL180	8.50	Pass: FHS RO BHS WH BHS BT	8.55	Pass: RO WH WH BHS BHS BT	8.90
Pass: FT RO BL	8.50	Pass: FHS FT RO BHS BL	8.60	Pass: RO WH WH BHS BHS BL (S/O)	8.90
Pass: FHS FB FT	8.50			Pass: RO WH BL	8.90
9.00-9.45 Start Value Passes					
Pass: RO AT RO BHS BT	9.00	Pass: RO AL RO BL (S/O)	9.00	Pass: RO WH BHS BHS BL360	9.30
Pass: RO AT RO BT	9.00	Pass: FT RO BL180	9.00	Pass: AFW RO BHS BL360	9.30
Pass: FHS FL180 BHS BHS BT	9.00	Pass: RO AT RO AT RO BHS BT	9.05	Pass: RO WH AT RO BHS BT	9.30
Pass: RO WH BHS WH BHS BL	9.00	Pass: FHS RO BHS BL360	9.05	Pass: RO AT RO BL180	9.30
Pass: RO WH WH BHS BHS BL	9.00	Pass: FHS RO BHS BHS BHS BL360	9.05	Pass: RO AT RO BHS BL180	9.30
Pass: RO WH BHS BHS WH BL	9.00	Pass: RO WH WH BHS BHS BL180	9.10	Pass: FHS RO WH BHS BHS BL360	9.35
Pass: RO BHS BL360	9.00	Pass: RO AT RO BL	9.15	Pass: RO AT RO BHS BHS BL360	9.40
Pass: RO BL360	9.00	Pass: FHS FL180 BHS BHS BL	9.20	Pass: RO WH AT RO BHS BL	9.40
Pass: RO AL RO BHS BHS BT	9.00	Pass: RO AT RO BHS BL	9.20	Pass: RO BT180 RO BHS BL360	9.40
Pass: RO AL RO BHS BHS BL (S/O)	9.00	Pass: RO AL RO BHS BHS BL	9.20	Pass: FT RO AT RO BL	9.40
Pass: RO AL RO BHS BT	9.00	Pass: RO AL RO BHS BL	9.20	Pass: FHS RO AT RO BHS BL360	9.45
Pass: RO AL RO BT	9.00	Pass: FHS FT RO BL180	9.20	Pass: RO AT RO BHS BL360	9.45
Pass: RO AL RO BHS BL (S/O)	9.00	Pass: RO WH BL180	9.20	Pass: RO AL RO BHS BHS BL360	9.45
Pass: FT RO WH BL	9.00	Pass: FT RO AT RO BT	9.20	Pass: RO AT RO BL360	9.45
		Pass: RO AT RO AT RO BHS BL	9.25	Pass: RO AT RO BHS BL360	9.45

9.50-9.90 Start Value Passes					
Pass: FT RO BHS 360	9.50	Pass: RO WH WH BHS BL360	9.70	Pass: RO AT RO BHS BHS BL540	9.85
Pass: FHS RO AL RO BHS BL360	9.50	Pass: FHS FT RO WH BHS BL360	9.70	Pass: RO BHS AT RO BHS BL540	9.85
Pass: FHS FT RO BHS BHS BL360	9.50	Pass: RO AT RO AT RO BL360	9.70	Pass: RO BHS BL540 RO BL (S/O)	9.85
Pass: FT RO BL360	9.50	Pass: FHS FT RO AT RO BL360	9.70	Pass: RO BL540 RO BT	9.85
Pass: FHS FT RO BHS BL360	9.55	Pass: FT FT RO BHS BL360	9.75	Pass: RO BHS BL540 RO BT	9.85
Pass: FHS FL180 BHS BHS BL360	9.55	Pass: FHS RO BHS BL540	9.75	Pass: RO BHS BL540 RO BHS BL (S/O)	9.90
Pass: RO AT RO WH BHS BL360	9.65	Pass: FHS FL360	9.75	Pass: RO AT RO BHS BL540	9.90
Pass: RO BHS BL540	9.70	Pass: RO WH BHS BHS BL540	9.80	Pass: RO WH W360 BHS BHS BL360	9.90
Pass: RO BL540	9.70	Pass: FHS RO WH BHS BHS BL540	9.80	Pass: RO WH WH BL360	9.90
Pass: FHS RO BHS BHS BL540	9.70	Pass: RO WH BHS BL540	9.80	Pass: RO AL RO BHS BHS BL540	9.90
Pass: RO BHS WH BL360	9.70	Pass: RO WH AT RO BHS BL360	9.80	Pass: RO BHS BL540 RO BHS BL360	9.90
Pass: RO WH BL360	9.70	Pass: RO AT RO BHS WH BL360	9.80	Pass: FHS FL360 RO BHS BL	9.90
Pass: FT RO WH BHS BHS BL360	9.70	Pass: RO AT RO WH BL360	9.80	Pass: FHS FL360 RO BL (S/O)	9.90
Pass: RO BHS W360 BT	9.70	Pass: RO BHS BL540 RO BHS BT	9.80	Pass: RO AT RO BL540	9.90
Pass: RO WH WH BHS BHS BL360	9.70	Pass: RO AT RO HS BL540	9.85	Pass: FT RO WH BL360	9.90
				Pass: FL360 FP	9.90
9.95-10.0 Start Value Passes					
Pass: RO AL RO BHS BL540	9.95	Pass: RO BHS W360 BHS BL540	10.00	Pass: RO BHS BL540 FT	10.00
Pass: FHS FT RO BHS BHS BL540	9.95	Pass: RO WH WH WH BHS BL360	10.00	Pass: RO BHS WH BL540	10.00
Pass: FHS FT RO BHS BL540	9.95	Pass: RO BHS BL540 RO BL360	10.00	Pass: RO WH BL540	10.00
Pass: FHS FL180 BHS BHS BL540	9.95	Pass: RO BL540 RO BHS BL360	10.00	Pass: FHS FLO360 FLO	10.00
Pass: FT RO BHS BL540	9.95	Pass: FHS FT RO WH WH BHS BL360	10.00	Pass: FLO360 FLO	10.00
Pass: FT RO BL540	9.95	Pass: FT RO WH WH BHS BL360	10.00	Pass: RO WH W360 BHS BL (S/O)	10.00
Pass: RO BL540 FHS FT	9.95	Pass: RO BL540 RO BL360	10.00	Pass: FT FT RO BHS BL540	10.00
Pass: RO W360 BHS BHS BL540	10.00	Pass: RO BHS BL540 FHS FT	10.00	Pass: RO WH WH WH BL360	10.00
Pass: RO W360 BHS BL540	10.00	Pass: FT FHS FT RO BHS BL360	10.00	Pass: FHS FT RO WH BL360	10.00
		Pass: FT RO BL540 RO BL360	10.00	Pass: FHS FL360 FP	10.00

TEAM EVENT (Levels 1-4)

MUSIC REQUIREMENTS

- Time maximum is 2:45 (2 minutes, 45 seconds) for every level
- Music with lyrics is not allowed.
- A brief voice over introduction is allowed but not required. It can be no longer than 10 seconds.
- A voice may be used as an instrument.
- Lyrics will VOID the routine.
- A "beep" may be used to que the athletes.
- Time starts with the first movement of an athlete in the team.
- Up to one eight count allowed prior to the first movement.
- Time will end when the music ends.
- Athletes will continue to be evaluated if overtime occurs.

Terminology:

- Skill category: refers to five skill sets within Team Event - Acro, Pyramid, Toss, Running Tumbling, Standing Tumbling.
- Segments: refers to the execution of one skill category during Team Event.

Segments:

- Only one (1) skill category may be performed at a time and must be performed in separate segments.
- Please refer to the chart below, "Team Event Segment Description" for a description of when a segment begins and ends.
- Dance may be performed during Acro, Pyramid or Toss; may not be performed during Tumbling.
- Failure to follow this event rule will result in an Event Violation.

Team Event Segment Description			
Segment	**Start**	**Stop**	**Dance Allowed**
Acro	Begins when the top leaves the ground. The setting of an acro does not start the sequence.	Ends when the motion of the top is stopped in a catch or the final skill has landed on the ground.	Yes
Pyramid	Begins when the first athlete (can be middle base or top) leaves the ground. The setting of the primary base(s) does not count.	Ends when the motion of the top is stopped in a catch or the top has landed on the ground after dismounting.	Yes
Toss	Begins with the initial dip of the toss (does not include the load-in).	Ends when the motion of the top is stopped in the catch.	Yes
Note: Running and standing tumbling are considered two separate skill categories and must be performed in separate segments.			
Standing Tumbling	Begins with initiation of the first movement in the direction of the intended motion. The segment does not start when the athlete preps.	Ends when the final skill of the pass has landed on the ground. The declared step forward or backward after pass does not count. (ie. when the lunge or the clean occurs).	No
Running Tumbling	Begins with the hurdle (the run approach does not count as the start of the segment).	Ends when the final skill of the pass has landed on the ground. The declared step forward or backward after pass does not count.	No

LEVEL 1 & 2 REQUIREMENTS

Failure to meet a special requirement results in the application of a special requirement neutral penalty for omission or partial completion of special requirement.

Points Possible: Level 1 & 2 – 10.0

Special Requirement 1: Acro

1. All segments from compulsory acro must be performed in the acro section.
2. Segments must be synchronized sequences of skills in 2 groups synchronize the required elements in the exact order required for compulsory.
   a. If your team exceeds the required acro elements or 2 synchronized groups, the remaining elements/groups competed will be eligible for execution deductions.
3. The synchronized athletes/groups must be placed next to each other. An individual or a group of athletes performing a different skill/sequence may not be placed between or on the same panels of the synchronized groups.
   b. All athletes/groups must face the same direction on the mat when performing their skills.

Special Requirement 2: Pyramid

1. Pyramid segment must be performed as required from the compulsory pyramid heat.
   a) If your team exceeds the requirement, the remaining elements/groups competed will be eligible for execution deductions.

Special Requirement 3: Toss

1. Toss must be 2 groups synchronized performing required toss for compulsory.
   a) If your team exceeds the required 2 synchronized groups, the remaining elements/groups competed will be eligible for execution deductions.
   b) The synchronized athletes/groups must be placed next to each other.
   c) All athletes/groups must face the same direction on the mat when performing their skills.

Special Requirement 4: Tumbling

1. Tumbling must be 6 athletes synchronized performing required tumbling for compulsory. Each segment of tumbling elements may be performed by different groups of 6 athletes.
   a) If your team exceeds the required 6 synchronized athletes, the remaining elements competed will be eligible for execution deductions.
   b) All athletes must face the same direction on the mat when performing their skills.

LEVEL 3 & 4 REQUIREMENTS

TEAM EVENT – LEVEL 3 & 4	
Event Requirements	The following provides specific requirements by skill area. Levels 3 & 4 have the same special requirements. However, the total maximum points are different per level.
Difficulty Restriction	Difficulty restrictions for the Team Event are the same as those of the individual Skill Events (Acro, Pyramid, Toss, Tumbling). Please refer to those events for difficulty restrictions.
Additional Clarifications	The Acro element descriptions must be written out in the Team Event Overview

Special Requirement 1: Acro		
Points Possible: Level 4 – 20.0 / Level 3 – 18.8		Neutral Penalty Applied
1.	**Repetition Rule -** An Acro element may not be repeated in the Team Event. The same element may be performed simultaneously if synchronized. Once an element has been performed it may not be competed for the remainder of the team event. • For example, if a team performs a 1-1, GRD-EXT, VER-HSUP "S" in a synchronized Acro segment, that skill cannot be performed again in another Acro segment.	Repetition Violation
Special Requirements		
1. 20 Acro Elements 2. A minimum of one Acro segment must include a synchronized sequence of skills in which at least 3 groups synchronize an identical 2 element sequence.		

a. If your team exceeds the required 20 acro element, count the highest scoring elements on the Tariff form. The remaining elements competed will be eligible for execution deductions.

3. In synchronized Acro segments – the synchronized athletes/groups must be placed next to each other. An individual or a group of athletes performing a different skill/sequence may not be placed between or on the same panels of the synchronized groups.
    a. During a synchronized Acro segment, all athletes/groups must face the same direction on the mat when performing their skills. All sequences must be visible from entry to dismount for officials.
4. In non-synchronized Acro segments - athletes/groups are NOT required all to be facing the same direction.

Special Requirement 2: Pyramid		
Points Possible: Level 4 – 20.0 / Level 3 – 19.4		Neutral Penalty Applied
1.	**Repetition Rule -** Each pyramid performed in Team Event must be different from the other(s), unless the pyramids are synchronized.	Repetition Violation

Special Requirements

1. 4 Pyramids
2. A minimum of one Pyramid segment must include a synchronized sequence in which at least 2 groups are synchronized and identical.
    a. To be identical, synchronized pyramids must have the same structure, entry, and dismount.
2. In synchronized Pyramid segments – the synchronized athletes/groups must be placed next to each other. An individual or a group of athletes performing a different skill/sequence may not be placed between or on the same panels of the synchronized groups.
    a. During a synchronized Pyramid segment, all athletes/groups must face the same direction on the mat when performing their skills. All sequences must be visible from entry to dismount for officials.
    b. Teams are permitted to perform 4 pyramids in the same segment; however, synchronized pyramids must be placed next to each other (a different pyramid may not be placed in between synchronized pyramids).
3. In non-synchronized Pyramid segments - athletes/groups are NOT required to be facing the same direction.

Special Requirement 3: Toss		
Points Possible: Level 4 – 20.0/Level 3 - 18.8		Neutral Penalty Applied
1.	**Repetition Rule -** Each toss performed in Team Event must be different, unless the tosses are synchronized.	Repetition Violation

Special Requirements

1. 4 Tosses
2. A minimum of one Toss segment must include a synchronized sequence in which 2 groups are synchronized and identical.
    a. All toss groups must be comprised of 4 bases.
3. In synchronized Toss segment – the synchronized athletes/groups must be placed next to each other. An individual or a group of athletes performing a different skill may not be placed between or on the same panels of the synchronized groups.
    a. During a synchronized Toss segment, all athletes/groups must face the same direction on the mat when performing their skills. All sequences must be visible from entry to dismount for officials.
    b. Teams are permitted to perform 5 tosses in the same segment; however, synchronized tosses must be placed next to each other (a different toss may not be placed in between synchronized tosses).
4. In non-synchronized Toss segments - athletes/groups are NOT required all to be facing the same direction.

5. Angling of a kick, Tuck Open or Pike Open must allow for clear sightline from officials' location at officials table using the following guidelines:
    a. If a kick is declared the toss group must be angled corner to corner or sideline to sideline. The group(s) may not face the front or back of the mat.
    b. If a Tuck or Pike Open is declared the toss group must face sideline to sideline. The group(s) may not face corner to corner or the front or back of the mat.

Special Requirement 4: Standing Tumbling

Points Possible: Level 4 – 10.0/Level 3 – 9.0		Neutral Penalty Applied
1.	Repetition Rule: • No repetition rule applies in Standing Tumbling. • Athletes may perform more than one (1) pass.	Not Applicable

Special Requirements

1. 10 total passes.
2. 4 passes must be synchronized.
    a. Standing Tumbling passes may be synchronized in groups of two or more athletes.
3. Standing Tumbling encompasses a single tumbling skill, or series of tumbling skills, being performed from a standing position without previous forward or backward momentum (no steps or hops).
    a. In Standing Tumbling, athletes are allowed a controlled step for all twisting end skills. No controlled step will be allowed for non-twisting end skills. Athletes must stick landings (consistent with training for Compulsory Tumbling passes).
4. In synchronized Standing Tumbling segments - passes must originate from the same side of the mat, must travel parallel to each other and in reasonable proximity (defined 6-12 feet).
    a. During a synchronized Standing Tumbling segment, up to 2 synchronized standing tumbling groups may perform passes (the same or different) simultaneously, provided that each group originates from distinctly different areas of the mat.
    b. A third individual and/or group may not begin their pass until one of the two previous passes is completed.
5. In non-synchronized Standing Tumbling segments - up to 2 passes may be performed simultaneously provided that the individual/groups originate from distinctly different areas of the mat.
    a. A third individual and/or group may not begin their pass until one of the two previous passes is completed.

Special Requirement 5: Running Tumbling		
Points Possible: Level 4 – 10.0 / Level 3 – 9.0		Neutral Penalty Applied
1.	Repetition Rule: • No repetition rule applies in running tumbling. • Athletes may perform more than one (1) pass.	Not Applicable
Special Requirements		
1. 10 total passes. 2. 4 passes must be synchronized. a. Running tumbling passes may be synchronized in groups of two or more. b. Passes must be identical. 3. Running Tumbling encompasses passes being performed front to back (vertical), side to side (horizontal), or corner to corner (back to front only). 4. Synchronized or non-synchronized Running Tumbling passes must alternate corners/sides and start 4 counts apart from one another (i.e. 1 and 5). 5. In synchronized Running Tumbling segments - passes must originate from the same side or corner of the mat, must travel parallel to each other and in reasonable proximity (defined as 6-12 feet). a. During a synchronized Running Tumbling segment, up to 2 synchronized running tumbling individuals or groups may perform the skills simultaneously, provided that each individual or group originates from distinctly different areas of the mat. 6. In a non-synchronized Running Tumbling segment - up to 2 passes (the same or different) may be performed simultaneously provided that the individual/groups originate from distinctly different areas of the mat. a. Back to back passes performed within a running tumbling segment MAY NOT originate from the same area of the mat.		
Special Requirement 6: Dance		
Points Possible: 10		
Special Requirements		
1. Dance Composition & Artistry – Fifty percent (50%) of the team must perform a minimum of two (2) 8-counts of dance.		

START VALUE CALCULATION (Level 3 & 4)

Additional Event Clarifications (Level 3 & 4)	
Start Value Equations	
• Use the Table of Elements section for each segment to determine the sequences/passes that will be used to satisfy the special requirements. • If a segment total results in a value to the thousandths place, round the number to the nearest hundredth – ie. 19.125 > 19.13. • Acro: Add the 20 Acro elements with the highest start value. Divide the sum by 10 for the Acro segment start value. • Pyramid: Add the 4 Pyramids with the highest start value. Divide the sum by 2 for the Pyramid segment start value. • Toss: Add the 4 Tosses with the highest start value. Divide the sum by 2 for the Toss segment start value. • Running Tumbling: Add the 10 Running Tumbling passes with the highest start value. Divide the sum by 10 for the Running Tumbling segment start value. • Standing Tumbling: Add the 10 Standing Tumbling passes with the highest start value. Divide the sum by 10 for the Standing Tumbling segment start value. • Dance: If the team is performing at least two 8-counts of dance, add 10 points to the equation for the Team Event start value.	
Examples	
Acro	A1 (9.2) + A2 (9.2) + A3 (9.2) + A4 (9.2) + B101 (9.4) + B102 (9.4) + B103 (9.4) + B104 (9.4) + C201 (9.6) + C202 (9.6) + C203 (9.6) + C204 (9.6) + D301 (9.8) + D302 (9.8) + D303 (9.8) + D304 (9.8) + E401 (10.0) + E402 (10.0) + E403 (10.0) + E404 (10.0) = 192/10 = 19.2
Pyramid	PHS1 (9.65) + PV1 (9.5) + PV1 (9.5) +PI2 (9.6) = 38.25/2 = 19.125
Toss	Front Flip Layout (9.4) + Front Flip Layout (9.4) + Back Tuck (9.5) + Back Tuck (9.5) = 37.8/2 = 18.9
Running Tumbling	RO BHS BT (8.0) + RO BHS BT (8.0) + RO BHS BT (8.0) + RO BHS BT (8.0) + RO BHS BL (8.2) + RO BHS BL (8.2) + RO BHS BL (8.2) + RO BHS BL (8.2) + RO BHS BL360 (9.0) + RO BHS BL360 (9.0) = 82.8/10 = 8.28
Standing Tumbling	BT (8.4) + BT (8.4) + BT (8.4) + BT (8.4) + BT (8.4) + SJ BT (8.45) + SJ BT (8.45) + SJ BT (8.45) + SJ BT (8.45) + SJ BT (8.45) = 84.25/10 = 8.425
Total Team Event Start Value	Acro (19.2) + Pyramid (19.13) + Toss (18.9) + Running Tumbling (8.28) + Standing Tumbling (8.43) + Dance (10) = 83.94

STANDING TUMBLING TABLE OF ELEMENTS (Level 3 & 4)

Standing Tumbling Passes					
8.00-8.95 Start Value Passes					
	Value		***Value***		***Value***
Pass: BHS BHS BHS BT	8.35	Pass: BHS BT	8.50	Pass: BT BHS BHS BT	8.75
Pass: BHS BHS BHS BL	8.35	Pass: BHS BL	8.50	Pass: BT BHS BHS BL	8.75
Pass: BT	8.40	Pass: CW BT	8.50	Pass: CW BT BHS BT	8.75
Pass: BHS BHS BT	8.40	Pass: CW BL	8.50	Pass: SJ BHS BT BHS BT	8.80
Pass: BHS BHS BL	8.40	Pass: SJ SJ BT	8.50	Pass: SJ BT BHS BHS BT	8.80
Pass: SJ BT	8.45	Pass: SJ SJ BHS BHS BT	8.50	Pass: SJ BT BHS BHS BL	8.80
Pass: SJ BHS BHS BT	8.45	Pass: SJ SJ BHS BHS BL	8.50	Pass: SJ SJ BT BHS BHS BT	8.85
Pass: SJ BHS BHS BL	8.45	Pass: SJ BHS BT	8.55	Pass: SJ SJ BT BHS BHS BL	8.85
		Pass: SJ BHS BL	8.55	Pass: CW BT BT	8.85
		Pass: BT BHS BHS BHS BT	8.70	Pass: SJ SJ SJ BT BHS BHS BL	8.90
		Pass: BT BHS BHS BHS BL	8.70	Pass: SJ SJ BT BHS BT	8.95
				Pass: SJ SJ BT BHS BL	8.95
9.00-9.95 Start Value Passes					
	Value		***Value***		***Value***
Pass: ACW BT BHS BHS BT	9.05	Pass: SJ SJ BT BT	9.35	Pass: BT360	9.80
Pass: ACW BT BHS BHS BL	9.05	Pass: CW BHS BHS BL360	9.50	Pass: SJ BHS BHS BL360	9.80
Pass: CW BT BT BT	9.10	Pass: BHS BHS BHS BL360	9.55	Pass: CW BT BHS BHS BHS BL360	9.85
Pass: ACW BT BHS BT	9.15	Pass: BT BT BT	9.55	Pass: BHS BL360	9.90
Pass: BT BT	9.25	Pass: ACW BT BT	9.60	Pass: SJ SJ BHS BHS BL360	9.90
Pass: SJ BT BT	9.30	Pass: BHS BHS BL360	9.70		
Pass: ACW BT	9.30	Pass: CW BL360	9.70		
Pass: ACW BL	9.30				
10.0 Start Value Passes					
	Value		***Value***		***Value***
Pass: SJ BHS BL360	10.00	Pass: ACW BT360	10.00	Pass: BT360 BT	10.00
Pass: CW BT BHS BHS BL360	10.00	Pass: ACW BT BHS BHS BL360	10.00	Pass: BT BT360	10.00
Pass: CW BHS BHS BL540	10.00	Pass: CW BL540	10.00	Pass: CW BT BHS BHS BHS BL540	10.00
Pass: BHS BHS BHS BL540	10.00	Pass: BT540	10.00	Pass: BHS BL540	10.00
Pass: BHS BHS BL540	10.00	Pass: SJ BHS BHS BL540	10.00	Pass: SJ SJ BHS BHS BL540	10.00
Pass: BT BHS BHS BHS BL360	10.00	Pass: CW BT BHS BL360	10.00	Pass: CW BL360 BT	10.00

DEDUCTIONS

NEUTRAL DEDUCTIONS	
Omission of Special Requirements - Complete omission of special requirements within a heat	-2.0/each occurrence
Incomplete Special Requirements - Partial completion of special requirements within a heat	-1.0/each occurrence
Event Violation - Failure to compete as stated on Tariff Sheet - Element exceeds allowable difficulty - Failure to perform in mandatory spacing or direction for a specific heat - Counter: If an athlete is entered into the Tariff in the Counter position (C), they cannot become a part of the active group; if there is not an additional declared counter, one of the four (4) active athletes may act as a counter. - Obstructing an officials view	-0.50/each occurrence
Boundary Violation - Any athlete steps out of bounds of the competitive floor - All heats must start and end inside the boundary lines on the competitive floor	-0.10/per occurrence
Athlete Restriction/Repetition Violation - Athletes violate specific event rules by competing in more than the allowable heats - Elements are repeated and violate specific event rules	-1.0/each occurrence
Crossover Violation - Team competes utilizing an excess number of crossover athletes - Violation of level change (see Article V – Crossover Athlete Policy)	VOID/per occurrence
Spotting Assistance - Any contact, intentional or unintentional, by a student-athlete/coach that is on or off the competitive mat during an active heat/event; additional contact that is not required for the execution of the declared skill.	-0.50/each occurrence
Unsportsmanlike Conduct - Inappropriate behavior by a coach - Inappropriate behavior by an athlete	-1.0/each occurrence
Safety Violation - Failure to comply with safety guidelines after initial warning	-0.20/each occurrence
Incorrect Number of Athletes - Number of active athletes per pass is less than required minimum - Number of active athletes exceeds maximum allowable	 -0.20/per occurrence VOID
Music Deductions (TEAM EVENT ONLY) - Time Violation - Absence of Music - Music with Lyrics	 -0.30 -2.0 VOID
EXECUTION DEDUCTIONS	
Flexed feet	-0.1/per occurrence
Bent Legs or Arms	Up to -0.3/per occurrence
Leg/Feet separation	Up to -0.2/per occurrence
Under/Over Rotation	Up to -0.3/per occurrence
Insufficient Amplitude	Up to -0.3/per occurrence
Incorrect Body Position *(during skill &/or landing)*	Up to -0.2/per occurrence
Insufficient Stretch/Extension	Up to -0.2/per occurrence
Failure to Maintain Hold Position (2 seconds)	Up to -0.2/per occurrence
Incorrect Body Posture on Landing/Catch	Up to -0.2/per occurrence
Improper Catch for Bases	Up to -0.3/per occurrence
Deviation *(deviation from square/straight)*	Up to -0.3/per occurrence
Base Structure Proximity	-0.1/per occurrence
Lack of Continuity	Up to -0.2/per occurrence
Lack of Synchronization per Heat	Up to -0.3/per occurrence
Step(s)	-0.1/each occurrence
Fall(s)	-0.5/each occurrence

APPENDIX

RESOURCE LINKS

Compulsory Videos and Count Sheets

ABBREVIATIONS

Acro and Pyramid Abbreviation Key		
Abbreviation	**Abbreviated Term**	**Refers to**
GRD	Ground	Level
BLW SHD	Below Shoulder	Level
SHD	Shoulder	Level
EXT	Extended	Level
CRDL	Craddle	Level
PK	Peak (Pyramid)	Level
FC	Full Contact	Support
R	Release	Support
HOZ	Horizontal	Body Position
INV	Inversion	Body Position
VER	Vertical	Body Position
NON HS	Non Handstand	Body Position
1H HS	1 Hand Hndstand	Body Position
2H HS	2 Hand Handstand	Body Position
HSUP "I"	Hand Support Front Support	Body Position
HSUP "L"	Hand Support Pike	Body Position
HSUP "S"	Hand Support Straddle	Body Position
2 FT	2 Feet	Body Position
1 FT	1 Foot	Body Position
1 FT FLEX	1 Foot with the other foot elevated to a flexible position.	Body Position
TWIST	Degree of Twist followed by the degree amount. Example - TWIST 360 = 360 Degrees of Twist	Action of the Top
FLIP	Degree of Flip followed by the degree amount. Example - FLIP 360 = 360 Degrees of FLIP. F/B following degree indicates flip direction. FLIP 360 B = A Flip 360 degrees	Action of the Top
ENT	Entry	Descriptor
MOD	Modifier	Descriptor
DSMT	Dismount	Descriptor
T	Tosser	Descriptor
C	Catcher	Descriptor
H-H	Hand - Hand (Acro/Pyramid)	Point of Connection
H-F	Hand - Foot (Acro/Pyramid)	Point of Connection
H-W	Hand-Waist (Acro)	Point of Connection
H-T	Hand-Thigh (Pyramid)	Point of Connection

Tumbling Abbreviation Key					
Back Elements	**Abbreviation**	**Front Elements**	**Abbreviation**	**Arabian Elements**	**Abbreviation**
Back Handspring	BHS	Front Handspring	FHS	Arabian Tuck	AT
Whip Back	WH	Front Bounder	FB	Arabian Pike	AP
Whip Back 360°	W360	Front Tuck	FT	Arabian Layout	AL
Back Tuck	BT	Front Pike	FP	**Other Elements**	**Abbreviation**
Back Pike	BP	Front Layout	FL	Straddle Jump	SJ
Back Tuck 180°	BT180	Front Tuck 180°	FT180	Cartwheel	CW
Back Layout	BL	Front Layout 180°	FL180	Roundoff	RO
Back Layout 180°	BL180	Front Tuck 360°	FT360	Aerial Cartwheel	ACW
Back Tuck 360°	BT360	Front Layout 360°	FL360	Step Out	(S/O)
Back Layout 360°	BL360				
Back Layout 540°	BL540				

DEFINITIONS

- **1 Foot Flex** – An Acro body position in which the top is standing on one leg and holding the other leg with her hand. There needs to be 120 degrees of split or greater between the top's legs.
- **1 Foot** – An acro body position in which the top extends a leg straight out or behind, parallel or above with the ground and chest is up; or a liberty (see definition).

- **Acro –** A skill where top is supported above the performance surface by one or more athletes. An Acro skill is determined to be "Single" or "Double" leg, by the number of hands or feet that the top athlete is being supported by the base(s).
- **Acro-Group –** Group of athletes executing a Acro skill; a minimum of one (1) top and one (1) base. Maximum of four (4) active athletes per acro group. If an athlete is designated as a counter on the Tariff Sheet, then they must remain in that position during that heat.
- **Aerial –** A skill performed without the hands touching the floor or another athlete. Most commonly used to refer to an aerial cartwheel or aerial (front) walkover.
- **Arabian –** A salto that starts with a backward takeoff, lifts into the air, and initiates a (180 degree) longitudinal turn and performs a horizontal axis front salto. Performed in a tuck, pike or stretched position. May also have a step through at the end to connect with other tumbling skills.
- **Ascending Skill –** In Acro skills, any landing position involving a height equal to or greater than the starting position.
- **Assisted Dismount –** A controlled dismount, where the base(s) and/or the back spot (following a pop or a step down from a Acro skill) grabs the flyers waist to control the landing onto the mat.
- **Back Base –** Athlete in a Acro, pyramid, or toss group positioned in the back of the group.
- **Back Bend –** Entry level skill performed with feet slightly apart with arms overhead where athlete arches backwards and lands in a bridge position.
- **(Straight Arm) Back Extension to Handstand –** May be executed in a tuck or pike, back roll with straight arm push to vertical handstand with legs together. Lands on one foot/presses down after static handstand hold.
- **Back walkover –** A controlled tumbling skill initiated from one weight bearing leg with arms stretched overhead, athlete moves backward into an arched position, with the hands making contact with the ground first, then rotates the hips over the head and lands on one foot/leg at a time. The legs are in a split position throughout the skill.
- **(Straight Arm) Backward Roll to Push-up Position –** A non-aerial beginning tumbling skill where the athlete rotates backward through an inverted position by lifting the hips over the head and shoulders (horizontal axis rotation) finishing in a hollow body push-up position.
- **Balk –** Running without initiating the tumbling pass. If a hurdle has not been initiated or hands do not touch the mat; in individual tumbling, if an athlete initiates a tumbling pass and balks, they will receive a 0.00 for their attempt; in sync tumbling, if one athlete initiates the pass, pass is considered competed, and deductions will be taken for the athlete who does not complete the pass for special requirements.
- **Barrel Roll –** A release move, where the top's body rotates laterally, while remaining parallel to the performing surface.
- **Base –** Athletes who remain in contact with the ground, or another set of bases providing primary support for the top during an Acro or a pyramid.
- **Block –** A term referring to the action used to increase height by using the arms and shoulders to forcibly push-off the tumbling surface during a tumbling skill.
- **Braced –** In a Acro or Pyramid; when contact is made with the top by a secondary base at or between the elbow and shoulder, at or between the knee and hip, or any place on the trunk or hips.
- **Cartwheel –** A non-aerial gymnastics skill where athlete supports the body weight with the arm(s) while rotating sideways through an inverted position landing one foot at a time.
- **Club** – An association dedicated to a particular interest or activity.
- **Compulsory** – A required set of identical skills performed in a rotation by each competing team all with a Start Value of 10.00.
- **Counter** - Coaches or athlete may count for heats from designated coaching areas.
- **Cradle Catch/Cradle Position (Bases)** –Bases arms are extended overhead leading into the catch of the top. The catch should occur between the height of the bases' shoulders and waist.

- **Cradle Catch/Cradle Position (Top) -** The top position may range from hollow body position (between 180 and 170 degrees of open hip angle) to 120 degrees of pike. Arm placement by the top is optional. Tilting of the body position angle (i.e. the chest is higher than the feet) is acceptable, as the top's chest may be higher due to the catch of the back base behind the top. See example images of the 120-degree minimum and

minimum with tilt.

- **Crossover Athlete –** Athletes may crossover one level (up or down). You may have up to 4crossover athletes on your roster. Age requirements apply.
- **Dismount –** Movement from an Acro or Pyramid to the bases or the performing surface. Can beforward or backward.
- **Element –** In the Acro Event, it is defined as a starting position, a core skill, and a landingposition. In the Tumbling Event, it is defined as any individual skill performed.
- **Entry Skill –** Beginning or ascending phase of a pyramid skill.
- **Event –** A subset of the meet, with a unique score set. Events may include compulsory, acro, pyramid, toss, tumbling and team.
- **Execution –** The method and/or process of completion of the skill being attempted also refers to the area in which form deductions are taken.
- **Extended Position –** A top whose entire body is supported by a base whose arms are fully extended. Can also refer to a body position in toss or tumbling.
- **Fall –** An athlete may receive a fall deduction if she makes any additional contact with the floor (hands, knees, etc.) other than what is originally required to complete the declared skills; If an athlete falls during an element, the team will receive full start value credit for the skill if the element was completed/fully performed. They may not repeat the element for a score. Execution errors prior to the fall are taken. A deduction for the fall is taken.
- **Flip –** Half a handspring – Acro and pyramid are the same – 90-180-270 degree backwards motion from feet to hands or 90-180-270 degree forward motions from the hands to your feet; anything greater than 360 degrees is a salto.
- **Front Tuck –** A salto tumbling element performed in the forward direction requiring horizontal axis rotation by punching off the floor with both feet. As the body rises, hips lift up while the torso inverts, rounding the back and bending at the hips and knees into tucked position. Extendthe body to land.
- **Full Twist –** A 360° twisting rotation performed
- **Handspring –** A skill requiring hips overhead rotation, and hand contact with the performing surface during which an athlete, upon hitting a handstand body position utilizes a block initiatedfrom the shoulders to propel the body back to an upright and vertical position.
- **Handstand –**A static inverted body position where the arms are extended straight by the head and ears and the athlete's weight is entirely self-supported through her arms.
- **Heat –** A subset of the event, with a unique Start Value. This is a predetermined skill category orskill combination which is performed in rotation between the competing teams.
- **Identical -** Similar in every detail; exactly alike.
- **Inlocate -** Top stands in front of main base, facing the same way and holding base's hands low behind her. Top jumps as base lifts top hips first to hand to hand OR inv-non-hs if a second baseis involved. (tuck or pike).
- **Inversion –** Half a handspring – pyramid and Acro are the same – kicking into or out of a handstand mimics the motion of a back handspring first 180 degrees of back handspring is a flip; second 180 degrees of back handspring is an inversion. An inversion is defined 90-180-270 degree forward motion from feet to hands or 90-180-270 degrees backward motion from hands to feet; all 360 degree plus are saltos.
- **Inverted –** Top is either in a static handstand or non-handstand body position (INV).
- **Jump –** An airborne position not involving rotation created by using one's own power to push off the performance surface.
- **Layout (Body Position)** – A stretched body position, straight, hollow, or slightly arched.
- **Layout (Flip or Salto)** - a flip or salto performed in a stretched body position, straight, hollow or slightly arched that should have hip rise. Can be performed forward or backward.
- **Layout Step Out** – Salto performed in the layout position that requires a tumbler to split their legs while inverted (twelve o'clock) and lands on one foot before the other.
- **Liberty** – A vertical one foot no flex hold with one straight/supporting leg and other foot positioned on the inside of the supporting leg (passé). Arm placement is optional but may not be used to hold the leg up.
- **Load In –** When an athlete steps onto the platform of the base and supports themselves with the base(s) shoulder (usually) before an Acro skill, pyramid, or toss.

- **Mat –** The safety surface, 42 x 42 feet of carpet-bonded foam, on which Acro and Tumbling isperformed.
- **Meet –** another term for the competition.
- **Mid-level Base –** Athlete(s) serving as a base who is/are weight bearing in support of the top/toplevel of an Acro or pyramid while not in contact with the ground who is/are being supported by base(s) who are in contact with the ground.
- **Pike –** Body at (90° angle) while legs are kept straight.
- **Pike Open –** athlete performs pike body posture and then opens the body to a layout position.
- **Pop –** controlled upward pushing motion by a base(s) to increase the height of a top to initiate adismount or a transitional Acro skill.
- **Pop Cradle –** Base initiate squat simultaneously and upon full extension of the legs, release top's feet and catch in cradle position.
- **Power Press –** A skill beginning at extended level, lowering to shoulder level, and returning toextended level in one continuous motion.
- **Press Down –** Top athlete begins in a handstand position and slowly rolls the body down into avertical position, legs must be straddled, piked, or straight down.
- **Press Handstand –** Top athlete begins in a seated position or hand grip pike or straddle, and slowly rolls the body up into a handstand position. It must be done with the legs straddled orpiked.
- **Primary Base –** In an Acro or pyramid, the base that has the majority of the top's weight and maintains contact with the ground.
- **Prone Position –** A face down position which requires no break in the body line.
- **Skill category –** refers to five skill sets within Team Event - Acro, Pyramid, Toss, Running Tumbling, Standing Tumbling.
- **Segment –** refers to the execution of one skill category during Team Event.
- **Team –** A group of athletes forming in a competitive sport within a club.