

ACROBATICS & TUMBLING DEVELOPMENT PROGRAM



Rules & Policies



October
2025

TABLE OF CONTENTS

Contents

ARTICLE I. USA GYMNASTICS MEMBERSHIP	6
1.01 Membership and Responsibilities	6
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.....	10
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)	12
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	13
5.03 TOSS DESCRIPTION	13
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.....	15
6.01 SCORING PRINCIPLES.....	15
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	20
7.04	FLOOR MAT REGULATIONS	21
7.05	PRESENTATION GUIDELINES	21
7.06	MUSIC REQUIREMENTS	21
7.07	INJURY PROTOCOL	21
ARTICLE VIII. EVENT HOSTING REGULATIONS & GUIDELINES		22
8.01	SANCTIONING A DOMESTIC USA GYMNASTICS EVENT	22
8.02	HOSTING CRITERIA	25
8.03	SANCTIONED EVENT MINIMUM MEDICAL REQUIREMENTS	25
8.04	COMPETITION FORMAT	26
8.05	AWARDS CRITERIA	27
8.06	EVENT FINALS – LEVELS 3-5 ONLY	28
ARTICLE IX. FORMS		29
9.01	TEAM A&T JUDGE INVOICE	29
DESCRIPTION OF PROGRAM		31
	LEVELS 1 & 2	31
	LEVELS 3, 4 & 5	31
MEET FORMAT		32
DIVISIONS		34
COMPULSORY EVENT (LEVELS 1 – 5)		35
	DESIGNATED COUNTER	35
	LEVEL 1 COMPULSORY – SKILLS, SPACING & COUNT SHEETS	36
	LEVEL 2 COMPULSORY – SKILLS, SPACING & COUNT SHEETS	44
	51
	LEVEL 3 COMPULSORY – SKILLS, SPACING & COUNT SHEETS	52
	54
	LEVEL 4 COMPULSORY – SKILLS, SPACING & COUNT SHEETS	60
	LEVEL 5 COMPULSORY – SKILLS, SPACING & COUNT SHEETS	68

ACRO EVENT (LEVELS 3-5)	76
EVENT REQUIREMENTS	76
TABLE OF ELEMENTS.....	79
PYRAMID EVENT (LEVELS 3-5)	82
EVENT REQUIREMENTS	82
TABLE OF ELEMENTS.....	83
TOSS EVENT (LEVELS 3-5)	87
EVENT REQUIREMENTS	87
TABLE OF ELEMENTS.....	87
TUMBLING EVENT (LEVELS 3-5)	88
EVENT REQUIREMENTS	88
TABLE OF ELEMENTS.....	89
TEAM EVENT (LEVELS 1-5)	91
MUSIC REQUIREMENTS	91
LEVEL 1 & 2 REQUIREMENTS.....	92
LEVELS 3-5 REQUIREMENTS.....	93
START VALUE CALCULATION (LEVELS 3-5)	97
STANDING TUMBLING TABLE OF ELEMENTS (LEVELS 3-5)	98
DEDUCTIONS	99
APPENDIX	100
RESOURCE LINKS.....	100
ABBREVIATIONS.....	100
DEFINITIONS	101

This document will govern rules for the **2025-26** 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 2025-26 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 2025-2026 season can be found online [here](#).

1.01 Membership and Responsibilities

- a) USA Gymnastics membership is valid for one competitive year, from August 1 through the following July 31, and is effective once the membership has been purchased for the current season.
 - Members joining at any time during the year will receive benefits for the remainder of the competitive year.
 - Memberships are automatically null and void each July 31.
- b) 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, and comply with the specific duty the individual is performing on the competition floor:
 - Athlete
 - Competitive Coach
 - Judge
 - Meet Director
 - Photographer/Videographer*
 - Medical*
 - Volunteer*

*Must be contracted by Meet Director
- c) All USA Gymnastics memberships are effective only after the online membership registration is completed, including payment in full. A full list of membership types and requirements may be found online at usagym.org/membership.
- d) For more information regarding terms, conditions, and registration, please contact Member Services at membership@usagym.org or 800-345-4719.

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 and Response 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.

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 Event. **Levels 3, 4, and 5** 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, 4 and 5** 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, 4 and 5** compete in two individual heats building pyramids of three layers. **Heat one is open while heat two is open for level 3 and synchronized for levels 4 and 5.**

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, 4 and 5** 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, 4 and 5** 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 3-5 (Optional Levels)

- **Minimum Age:**
 - **Level 3:** 7 years old
 - **Level 4:** 8 years old
 - **Level 5:** 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.

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, 4 and 5, 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 or Level 5; Level 5 may CA to Level 4.

Example Roster with proper use of Crossover Athlete (CA) Policy				
Level 1	Level 2	Level 3	Level 4	Level 5
Sally Jones	Tamara Smith	*Emmy Mullins	*Emmy Mullins	*Jessica Palmer
Emily Brown	Ashley Broach	*Shannon Puffin	*Shannon Puffin	*Skylar Chow
Gina Smith	Kelsey Wells	*Hailey Harris	*Hailey Harris	*Gabby Rose
Carrie White	*Melissa Green	*Ellie Branson	*Ellie Branson	*Jocelyn Davis
Jane Smith	*Jane Blacksmith	*Kenzie Davis	*Kenzie Davis	*Samantha Woods
Samantha Miller	*Blakely Man	*Josie Robinson	*Josie Robinson	*Sasha Silverman
Rachel Whitney	*Tamara Jones	*Melissa Green	*Jessica Palmer	Laney Vice
Gayle Blithe	*Natalie Goldsmith	*Jane Blacksmith	*Skylar Chow	Alexis Henderson
Abby Gilmore	*Kara Canes	*Blakely Man	*Gabby Rose	Roxanna Vixon
*Heather White	*Heather White	*Tamara Jones	*Jocelyn Davis	Mandy Taylor
*Katelyn Sannik	*Katelyn Sannik	*Natalie Goldsmith	*Samantha Woods	Alyssa Monroe
*Yasmin Thomas	*Yasmin Thomas	*Kara Canes	*Sasha Silverman	Boneie Sanford
*Bethany Louis	*Bethany Louis	Keri Black	McKayla Brand	Tina Ashford
*Linda Lou	*Linda Lou	Madison Smith	Delaney Booth	Chevonne Foyteck
*Jenny Taylor	*Jenny Taylor	Sara Stone	Marley Lane	Sandy Beach
		Susan Willaby	Shelly Whitley	Milly Bonner
		Cadence Kelly	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 and 5 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, Level 4 and **Level 5**, 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 – Acrobatics and Tumbling Development Program National Championships.**
- The qualifying procedure for a Team to compete at the USA Gymnastics Acrobatics and Tumbling Development National Championships is that a **Level 1-5** 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 Acrobatics and Tumbling Program 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.

Click [here](#) for membership requirements.

b) Safety

- Please see – 7.01.e

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) Competition Floor Guidelines for Coaches

• Coach Positioning and Cues

- Coaches are permitted to remain on the outside boundary of the floor area (see floor definition) during the competition. Coaches may provide verbal cues or encouragement while outside the competition floor.

• Levels 1-3

- Coaches are permitted on the floor throughout the competition with no deduction applied.
- .2 deduction will be applied for coaching cues while on the competition floor.
- If a coach comes in contact with an athlete, a 1.00 deduction per occurrence will apply.

• Levels 4-5

- Coach enters the floor during competition:
 - .5 deduction per occurrence
 - The deduction is applied when the coach steps onto the competition floor area during the competition even if there is no contact.
 - The deduction is a flat .5 per occurrence regardless of duration or intent.

f) 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.
- Judges should be prepared to visibly present their current USA Gymnastics member card at all sanctioned competitions.
- Click [here](#) for membership requirements.

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

Acrobatics & Tumbling Development Program (Effective January 1, 2026)				
Session Fees			Additional Head Official Fees	
Level	Up to 3 Teams	Additional Teams	Head Official	Payment
1 & 2	\$70 per session	\$10	Levels 1 & 2	\$30 per session
Mixed	\$90 per session	N/A	Levels 3, 4, & 5	\$40 per session
3, 4, & 5	\$90 per session	N/A		
Meal Expenses		Travel Expenses		Accommodations
Travel day (no duties) maximum of \$50 - Receipts must be presented*		Mileage	Reimbursed - See explanation	
Breakfast	\$15 Max	Parking Fees	Reimbursed with documentation (receipts)	
Lunch	\$20 Max	Airfare and Ground Transportation	Either paid for in advance or reimbursed by the Meet Director. The arrangements must be confirmed in advance	
Dinner	\$20 Max			
Meet host may choose to provide all (or some) of the meals or pay an "all" or partial per diem.		A printout of MapQuest mileage or other such mapping service documentation is REQUIRED for determining the correct mileage along with accurate odometer readings.		Hotel Double Occupancy (2 per room)

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 U110: U.S. Center for SafeSport Course. .

b) Dress Code

- **Uniform: Volleyball style uniforms with athlete specific numbers on the back and spandex shorts.**
 - 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.

c) Competition Floor Guidelines for Non-Competing Athletes

- Athletes who are not actively competing in the current heat or team event must remain a minimum of 3 feet from the competition floor at all times.
 - First infraction: Verbal warning
 - Second and subsequent infractions: .50 deduction per occurrence from the overall team score.

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 capacity.
- 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 Sanctioning a Domestic USA Gymnastics Event

- I. SANCTIONING A DOMESTIC USA GYMNASTICS EVENT
- A. USA Gymnastics, as the national governing body for the sport, is responsible for the granting of sanctions.
 - B. Sanctions are required for all USA Gymnastics competitions.
 - C. All sanctions must name an individual who will act at the Meet Director.
 - D. Meet Directors MUST be affiliated with a current Member Club, Event Production Company, Judges Association or University in order to host a USA Gymnastics sanctioned event.
 - E. Sanctions may also be obtained for clinics, workshops, and camps.
 - F. Only a current USA Gymnastics Member Club and USA Gymnastics University member may register athletes into a sanctioned event.
 - G. All participants MUST be entered via the USA Gymnastics Meet Reservation system.
 - H. USA Gymnastics sessions CANNOT be run concurrently in the same session with a non-USA Gymnastics sanctioned event. Any non-USA Gymnastics session(s) must be conducted either prior to or following all USA Gymnastics sanctioned sessions on each competitive day. If a Meet Director chooses to conduct a multi-gymnastics association event, they must adhere to the following policies. Violations of any of the below policies may result in sanction revocation.
 - 1) Permissible Gym Set Up:
 - a) Events with one gym set-up:
 - i) USA Gymnastics competitors and non-USA Gymnastics competitors are NOT permitted to compete at the same time in the same competitive space, nor can they alternate sessions throughout the day.
 - b) Events with multiple gym set-ups:
 - i) Dedicated field-of-play (can be more than 1) reserved to conduct only USA Gymnastics sessions.
 - ii) Additional dedicated field-of-play (can be more than 1) reserved to conduct any non-USA Gymnastics sessions.
 - iii) Each separate field-of-play should be clearly defined by signage, or separated by a specific, noticeable barrier (i.e., airwall, curtain, stanchion, etc.)
 - (1) Example: A Meet Director is hosting an event in a large space that can be partitioned into 3 competitive field-of-play areas; Field A, Field B and Field C.
 - (a) Fields A and B are reserved for USA Gymnastics sessions.
 - (b) Field C conducts the non-USA Gymnastics sessions.
 - (c) The Meet Director may use all the Fields A, B or C to conduct non-USA Gymnastics sessions provided that the non-USA Gymnastics sessions are conducted either prior to or following USA Gymnastics sessions on each competitive day.
 - 2) Meet Director must have an event plan that illustrates:
 - a) A clear definition of the start and end times of each organization's competition sessions for the duration of the event.

b) All event procedures that prohibit non-USA Gymnastics session participants (athletes, coaches, judges) from accessing the dedicated USA Gymnastics gyms/competition area during USA Gymnastics sessions.

3) Meet Director must obtain a separate certificate of insurance from each gymnastics association whose sessions will be conducted in the same venue as the USA Gymnastics sanctioned event.

II. PROCEDURES FOR REQUESTING A DOMESTIC SANCTION

- A. All sanction requests must be through the online sanction application.
- B. When requesting a sanction, equipment/venue set-up/ take down and training days must be included, as well as competition days.
- C. Only one discipline per sanction.
- D. Events conducted in more than one location must have a separate sanction for each location.
- E. Once a sanction has been granted, the Rules and Policies must be followed.
- F. Domestic Sanction Fee
 - 1. The fee is \$250.00 for domestic sanctioned competitions. Sanction fees (and any late fees) are not refundable, regardless of the reason for canceling a meet.
- G. Foreign Sanctions
 - 1. A foreign sanction is required for events in which foreign athletes, coaches and judges participate. All foreign sanction requests must be obtained through the online sanction application.
 - 2. The fee is \$250.00 for foreign sanctioned events.
- H. Fees are not refundable, regardless of the reason for canceling a meet.

III. Sanction Violations and Penalties

- A. Sanction violations may result in a fine, voiding of a competition and its results, and/or loss of sanctioning privileges.
- B. When any USA Gymnastics member(s) participating in the event fails to follow the Rules and Policies, actions may be taken against the Meet Director, hosting institution and/or the individual offenders by the USA Gymnastics National Office.
- C. MEET DIRECTOR VIOLATIONS (including but not limited to):
 - 1. Allowing any participant on the field-of-play without current, valid memberships and/or educational/background check screening.
 - 2. Violations of any regulation within the Rules and Policies.
 - 3. Failure to return required sanction forms and athlete fees by the designated deadline.
 - 4. Failure to enter all participants into Meet Reservation.
 - 5. Altering USA Gymnastics language on sanction report form.
 - 6. Failure to obtain signatures of officials/coaches on the sanction report form sign-in sheet(s).
 - 7. Exceeding the maximum allowable number of gymnasts in a session.
- D. VIOLATION PENALTIES - MEET DIRECTOR:
 - 1. A Meet Director may receive the following penalties for violating any of the above stated violations.
 - 2. A first-time violation results in a fine of \$100.00 for one violation plus \$100.00 for each additional violation associated with the same sanction.
 - 3. A second time violation results in a fine of \$500.00 for one violation. For each additional violation associated with the same sanction, the fine is \$500.00 each. In addition, a second-time

violation may result in possible suspension of sanctioning privileges for the next competitive season, to be determined by the NAC.

4. Fines apply only to the Meet Director.
5. Hosting institutions may also be denied sanctioning privileges if violations are repeated with multiple Meet Directors.
6. If a fine is assessed to a Meet Director but not paid by the deadline indicated, the ability to sanction an event will be denied until all balances are paid.
7. If the violation is due to the lack of mandatory forms being returned, the ability to sanction an event will be denied until all mandatory forms are returned.
8. If a fine is assessed but not satisfied by the deadline indicated, the Meet Director's membership may be placed in a pending status.
9. Escalating penalties accrue during the current competitive season (August 1-July 31).
10. If a Meet Director incurs three sanction violations in one competitive season, he/she will be placed in pending status.

E. MEMBER VIOLATIONS (including but not limited to):

1. Individuals who do not have the appropriate membership and/or educational or background check certifications or falsifies one of the above-mentioned memberships and attempts to participate on the field at a USA Gymnastics sanctioned competition.
2. Participating in any unacceptable behavior.

F. VIOLATION PENALTIES - PARTICIPANT (COACH/JUDGE):

1. A member may receive the following penalties for violating any of the above state violations:
2. A first-time violation results in a fine of \$100.00.
3. A second time violation results in a fine of \$500.00.
4. A third time violation results in a fine of \$1,000.00 and possible suspension of membership.
5. Fines apply only to the individual.
6. If a fine is assessed to a member but not paid by the deadline indicated, their membership will go into a pending status until all balances are paid.
7. Escalating penalties accrue during the current competitive season (August 1st – July 31st).

G. VIOLATION PENALTIES - MEET REFEREE:

1. A Meet Referee may receive a \$100.00 fine for failure to report a sanction violation on the sanction report form.

H. VIOLATION PENALTIES - COMPETITOR:

1. If an individual gymnast is in violation of the regulations, she will be disqualified, and all awards returned. (Example: wrong level, wrong age division.)

IV. SANCTION REPORT FORMS

- A. To access the USA Gymnastics Sanction Report Forms, visit Sanctions, My Sanctions.
- B. When closing a sanction, Meet Reservation must be updated to include all on-site registrations for event participants as well as cancel registrations for those that did not participate.
- C. Upload the sanction report form, Safety and Response checklist, and all completed sign-in forms to your sanction detail page online or email the forms to sanctions@usagym.org within 72 hours of the completion or cancellation of your event.
 1. If applicable to that region or state, sanction report forms may need to be also sent to the appropriate RACC or SACC within 72 hours.

- D. Verify that the Meet Referee has submitted the Meet Referee report form.
- E. Applicable competition fees must be sent to the SACC/RACC of the host state (based on physical location of the meet).
- F. If an event is canceled, written notification via email must be submitted to sanctions@usagym.org prior to the start date of the event.

8.02 Hosting Criteria

- A USA Gymnastics sanction 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.

8.03 Sanctioned Event Minimum Medical Requirements

a) Risk Levels

2 levels: Moderate Risk, Low Risk.

Moderate Risk: A&T – Levels 3, 4 & 5

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”

8.04 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 7 minutes, maximum of 10 minutes for all levels.
 - The open stretch period is for stretching and tumbling only and takes place before timed warm-up.
 - The coaches meeting should be conducted during this period **or before open stretch begins.**
- 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 warm-up period in which each team has the full competition mats.
 - Levels 1 & 2
 - 5 minutes on the competition floor to warm up all events.
 - Levels 3-5
 - Maximum of 7 minutes on the competition floor to warm up for first half
 - Compulsory events
 - Acro and Pyramid Event Heats
 - 3 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.

8.05 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 1-5)
 - Award > Medals
 - Overall combined score for Optional Events (Levels 3-5)

- Award > Medals
 - Total Meet Score (Levels 1-5)
 - Award > Team trophy or banner
 - Additional Awards – Event Finals (Levels 3-5)
 - 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 3-5, 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 3-5, CHAMPION ONLY will be in awarded.
 -

8.06 Event Finals – Levels 3-5 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.

- 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.
 - **Crossover and age variance rules will apply.**
 - 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



October
2025

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 Acro, Pyramid, Toss, Tumbling and Team event starting at 25 points.

LEVELS 3, 4 & 5

Levels 3, 4 and 5 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

MEET FORMAT						
		Level 1	Level 2	Level 3	Level 4	Level 5
Compulsory	ACRO	10	10	10	10	10
	PYRAMID	10	10	10	10	10
	TOSS	10	10	10	10	10
	TUMBLING	10	10	10	10	10
	TOTAL	40	40	40	40	40
Optional	ACRO			18.8	18.8	20
	PYRAMID			19	19.4	20
	TOSS			18.8	18.8	20
	TUMBLING			49.2	54	60
	TOTAL			105.8	111	120
Team	ACRO			9.4	18.8	20
	PYRAMID			9.5	19.4	20
	TOSS			9.4	18.8	20
	STANDING TUMBLING	25	25	8.2	9	10
	RUNNING TUMBLING			8.2	9	10
	DANCE			5	10	10
	TOTAL TEAM EVENT			49.7	85	90
POTENTIAL MEET TOTAL		65	65	195.5	236	250

Level 3 - Special Requirements: Difficulty Restrictions	
ACRO	A & B Value Elements Only
PYRAMID	Start Value of 9.5 & Below
TOSS	Start Value of 9.4 & Below (Straight ride may be completed only in L3 - Start Value of 7.0)
TUMBLING	Start Value of 8.2 & Below

Level 4 - 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 (Straight ride not permitted)
TUMBLING	Start Value of 9.0 & Below

Level 5 - Special Requirements: Difficulty Restrictions	
ACRO	No restrictions
PYRAMID	No restrictions
TOSS	No restrictions (Straight ride not permitted)
TUMBLING	No restrictions

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: <ul style="list-style-type: none"> • 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 - <u>controlled step or stick</u>). 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 3-5 (Optional Levels)

- **Minimum Age:**
 - **Level 3:** 7 years old
 - **Level 4:** 8 years old
 - **Level 5:** 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 – 5)

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.
 - If a coach is a designated counter, they must remain off the competition floor.
 - Failure to do so will result in a .2 deduction

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

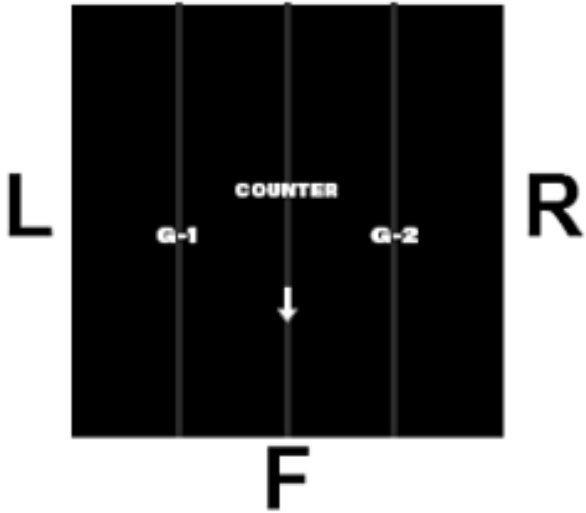
Additional Heat Clarification: All tumbling athletes must remain in-bounds for the duration of the heat

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

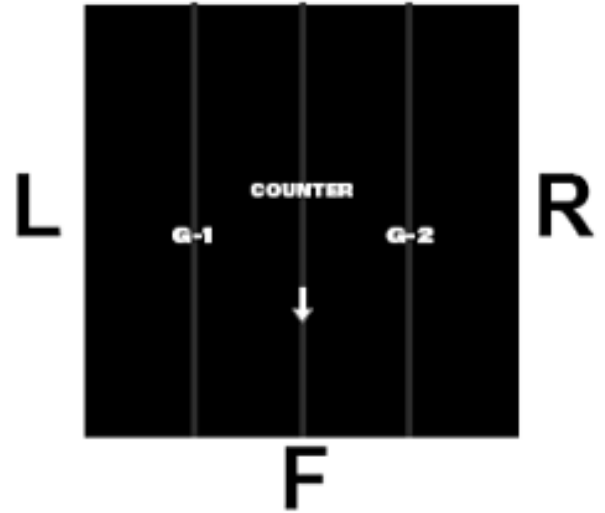
Compulsory Formations Level 1

ACRO



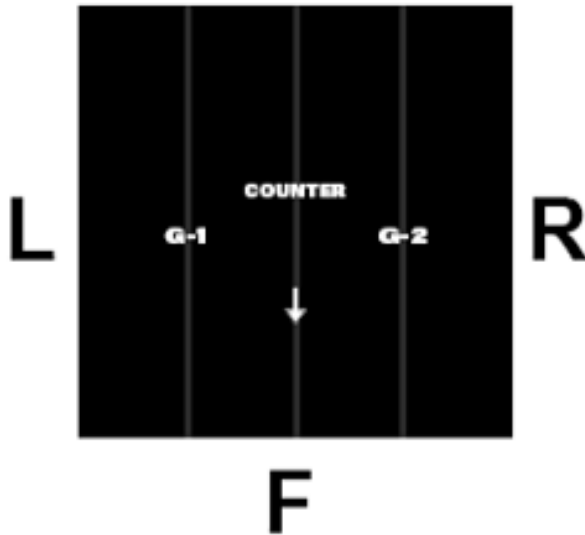
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Section 3: Top starts facing F

PYRAMID



Top starts facing F

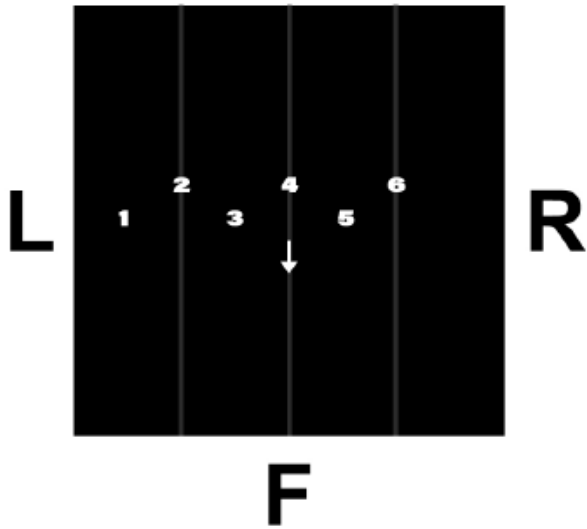
TOSS



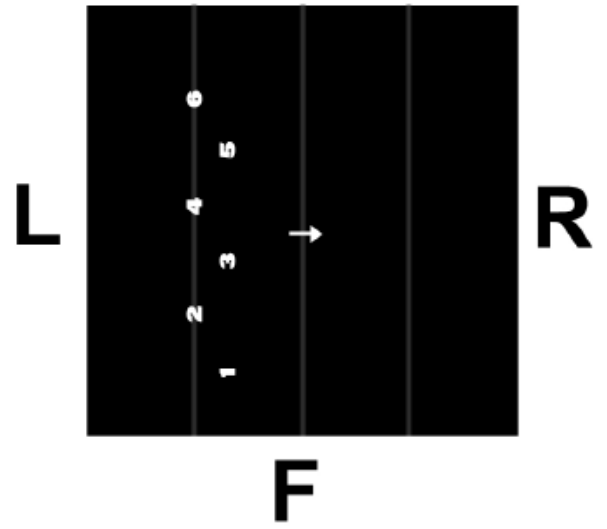
Top starts facing F

Compulsory Tumbling Formations Level 1

Skills 1-3



Skill 4



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

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

LEVEL 1: TUMBLING											
COUNT SHEET											
1		1	Arms in High V	1							
2		2		2							
3		3		3							
4		4	Hit "T" Jump	4							
5	start set in windows - PIKE SIT	5	Pass through to backward roll	5							
6		6		6							
7		7		7							
8		8		8							
1	1	Arms up	1	Land in tuck position	1	Two step hurdle					
	2		2		2						
	3		3		3						
	4		4		4	Hands hit floor					
	5	Lay flat on back	5	Stand and Clean	5						
	6		6		6						
	7		7		7	Rebound Stick					
	8		8		8						
2	1	bend arms and legs to prepare for backbend	1		1						
	2		2		2						
	3		3		3	Clean					
	4		4		4						
	5	push to backbend	5	Lunge	5						
	6		6		6						
	7		7	Handstand	7						
	8		8		8						
3	1	point dominate foot to prepare for kickover	1	Lunge	1						
	2		2		2						
	3		3	Clean	3						
	4		4		4						
	5	kick over	5		5						
	6		6		6						
	7		7		7						
	8		8		8						
4	1	land in lunge	1	Turn right and move to side of floor	1						
	2		2		2						
	3		3		3						
	4		4		4						
	5	Clean	5		5						
	6		6		6						
	7		7		7						
	8		8		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.

- **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.
- **Entry:** FC; SHD-PK; VER-VER; HSUP "I"
- 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.
- **Tossers:** 2
- **Catchers:** 2

LEVEL 2 – COMPULSORY TOSS SKILLS

Groups: 2 Synchronized Groups

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

Toss Heat Special Requirements:

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

LEVEL 2 – COMPULSORY TUMBLING SKILLS

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

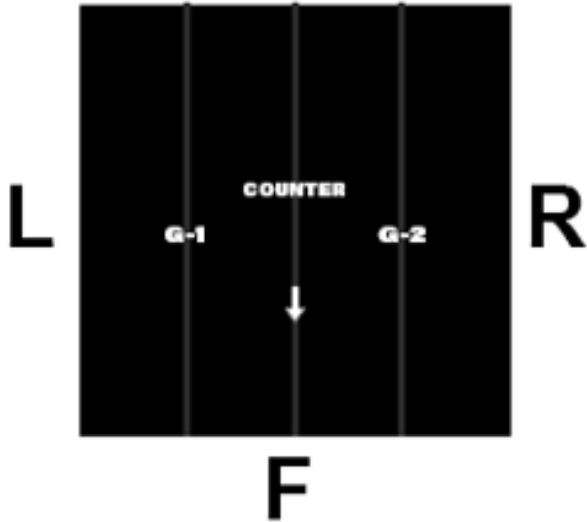
Additional Heat Clarification: All tumbling athletes must remain in-bounds for the duration of the heat

Tumbling Heat Special Requirements:

- 1) Back walkover to lunge
- 2) "T" jump (arms in a "T") 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

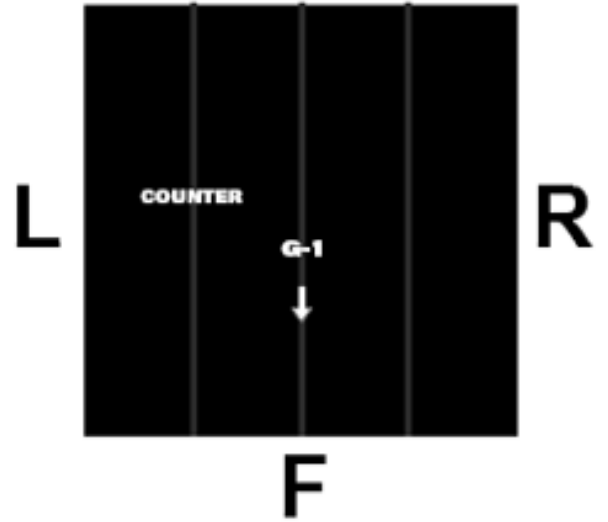
Compulsory Formations Level 2

ACRO



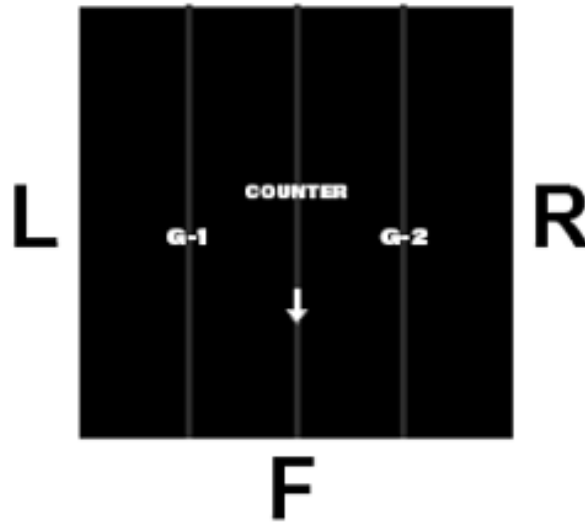
Section 1: Top starts facing R
Section 2: Top starts facing F
Section 3: Top starts facing F

PYRAMID



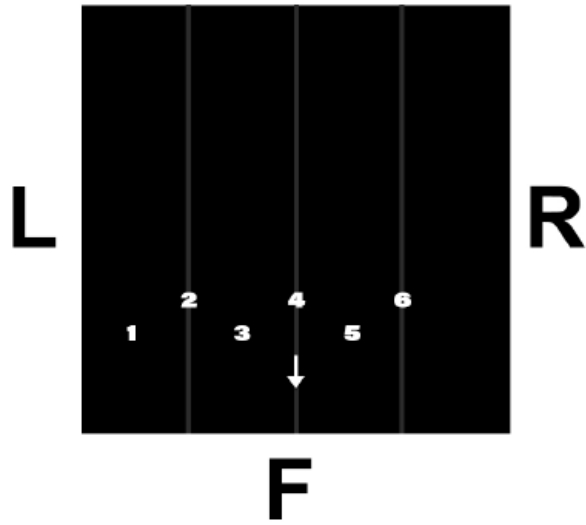
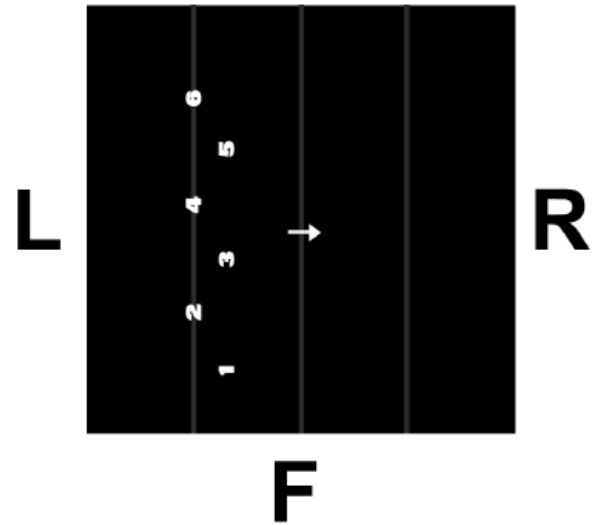
Top starts facing F

TOSS



Top starts facing F

Compulsory Tumbling Formations Level 2

Skills 1-3**Skill 4**

LEVEL 2: PYRAMID					
COUNT SHEET					
<i>Front Group</i>			<i>Back Group</i>		
	5	<i>Front group (thigh stand with mid-base)</i>		5	<i>Back group (prep with top)</i>
	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
	2
	3
	4
	5 Dip to jump into toss
	6
	7 Top's feet land on bases' hands
	8
2	1
	2
	3
	4
	5 Top stands up (arms optional)
	6
	7
	8
3	1 Dip
	2
	3 Throw top
	4
	5 Catch top
	6
	7
	8
4	1
	2
	3 Set top out
	4
	5 Clean
	6
	7
	8

LEVEL 2: TUMBLING								
COUNT SHEET								
	5	start set in windows						
	6							
	7							
	8							
1	1	both arms up high, point dominate foot forward on the floor	5	1	stand up	9	1	turn right and walk to new position
	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	
	8			8			8	
2	1		6	1	step forward to mountain climber	10	1	
	2			2			2	
	3	step forward to clean		3	Hit "T"		3	
	4			4			4	
	5			5	hit handstand		5	
	6			6			6	
	7			7			7	
	8			8			8	
3	1	hit high V	7	1	step down and pass through to backwalkeover	11	1	2 Step Run
	2			2			2	
	3	initiate swing cross arms in front of body		3			3	Hurdle
	4	Hit T Jump		4			4	round-off
	5	sit to initiate straight arm roll		5	place hands on floor		5	backhandspring
	6			6			6	
	7			7			7	rebound
	8			8			8	
4	1	hit straight arm plank	8	1	lunge	12	1	stick
	2			2			2	
	3			3			3	
	4			4			4	
	5			5	Clean		5	clean
	6			6			6	
	7	jump to tuck knees in		7			7	
	8			8			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) 1-1; FC; H-H; GRD-SHD; VER-VER; 2FT; NO TWIST
 - 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)
 - Primary base faces front of floor
- 2) 1-1; FC; SHD-EXT; VER-VER; VER HSUP "I"
 - Front support position, single base front support hold
 - Primary bases face front of floor
- 3) 1-1; FC; EXT-GRD; VER-VER; HSUP "I"-2FT; NO TWIST

Segment 2:

- 4) 1-1; FC; H-H; GRD-SHD; VER-VER; 2FT; 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
- 5) 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)
- 6) 2-2; FC; EXT-GRD; INV NON HS-VER; INV 180; 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)

(Continued on next page)

(Acro continued)

Segment 3:

- 7) 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)
- 8) 3-3; FC; SHD-SHD; VER-VER; 1FT-2FT
 - Prep level lib transition to 2-foot prep
- 9) 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:

- **Structure:** 2.1.1 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"
 - Entry begins at shoulder level.
 - 1-1 shoulder stand is performed behind the 2.1.1 pyramid structure.
 - Top grabs mid base's hands and is lifted to structure to perform a straight body front support position with a 2 second unassisted hold.
- **Dismount:** FC; PK-GRD; HSUP "I"-VER 2FT, TWIST 180
 - Descending - Top descends from peak of pyramid to ground from hand support with 2 catchers - ½ twist down
- **Tossers:** 1
- **Catchers:** 2

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 Tuck Open (270° front tuck open toss to catch)
- 4 bases (2 side bases, 1 front base, 1 back base)

LEVEL 3 – COMPULSORY TUMBLING SKILLS

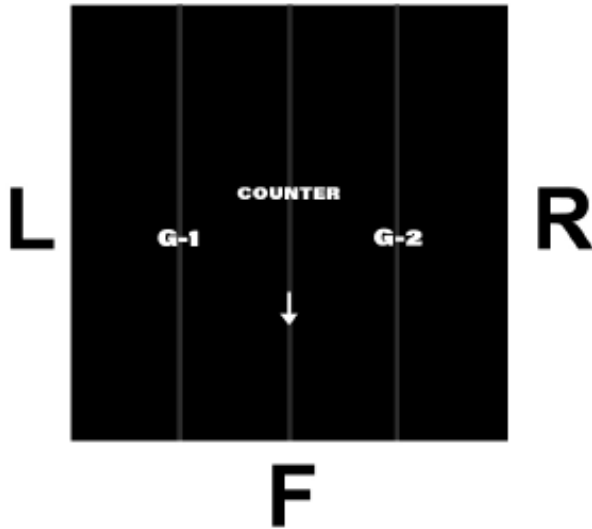
Number of Competitors: Two (2) rows of 3 athletes = 6 athletes total)

Tumbling Heat Special Requirements:

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

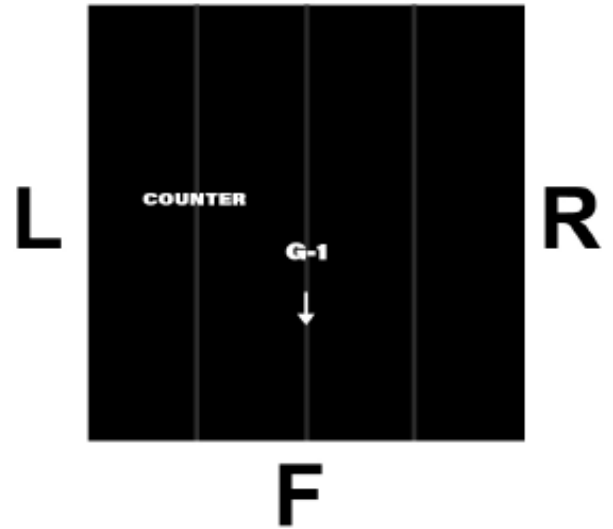
Compulsory Formations Level 3

**ACRO
B**



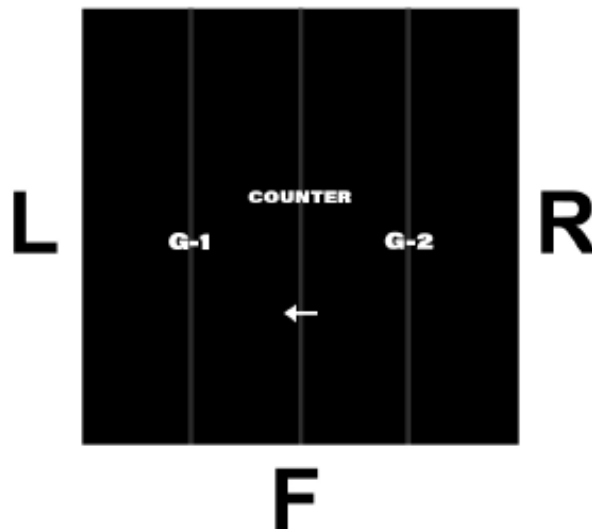
Section 1: Top starts facing F
Section 2: Top starts facing R
Section 3: Top starts facing F

PYRAMID



Top starts facing F

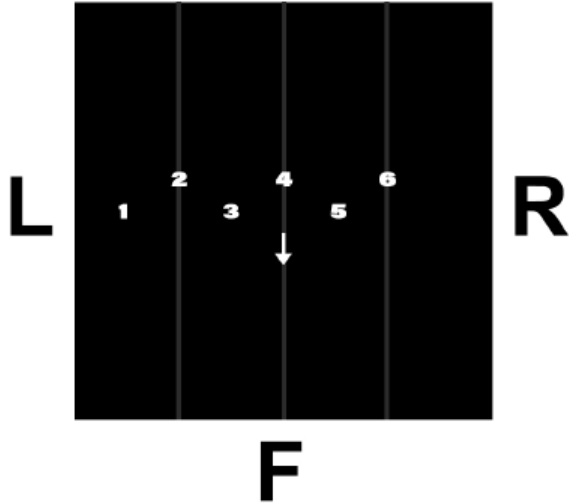
TOSS



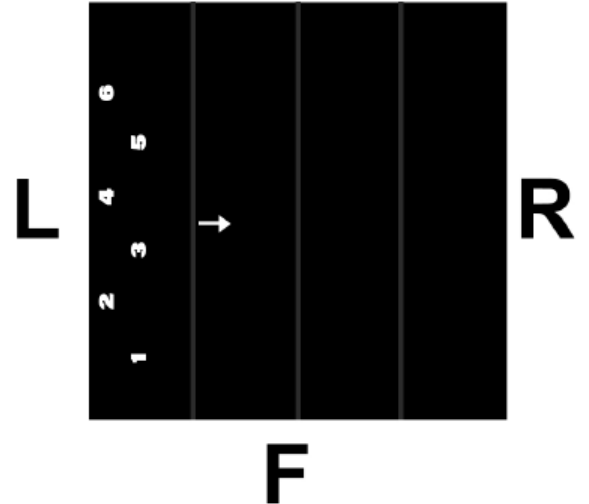
Top starts facing L

Compulsory Tumbling Formations Level 3

Skills 1-3



Skill 4



LEVEL 3: ACRO								
COUNT SHEET								
	5							
	6							
	7							
	8							
1	1		1	Transition to second segment		1		
	2		2			2		
	3		3			3		
	4		4			4		
	5	top and base connect hands, top places right foot on base's thigh	5	5		10	5	
	6		6	6		6		
	7		7	7		7	Set for prep-level lib (facing the side)	
	8		8	8		8		
2	1	initiate climb	1	top and base connect hands (base facing left of the floor)		1	dip for prep-level lb	
	2		2			2		
	3	Top's left foot steps on base's left shoulder	3	dip for half up to shoulder stand		3	top hits lib at prep level (tops arms optional)	
	4		4			4		
	5	Top's right foot steps on base's right shoulder	6	5	Top's left foot steps on base's left shoulder	11	5	
	6		6	6		6		
	7		7	7	Top's right foot steps on base's right shoulder	7		
	8		8	8		8		
3	1	right foot steps off the back	1	second base steps in		1	top - lowers bent leg to hit prep position	
	2		2			2		
	3		3	second base lifts arm to catch		3		
	4		4			4		
	5	left foot steps off the back	7	5	dip for pop-over to inversion	12	5	dip for 360 cradle
	6		6	6		6		
	7	Hold Front Support	7	7	top in tucked position	7	7	throw for cradle
	8		8	8		8		
4	1	Dip For Dismount	1	top's legs come together for inversion		1	catch in cradle	
	2		2			2		
	3	land	3			3		
	4		4			4		
	5		8	5		13	5	set out
	6		6	6		6		
	7	clean	7	7		7	7	clean
	8		8	8		8		
			1	top tucks legs for dismount		1		
			2			2		
			3	top lands dismount		3		
			4			4		
			9	5	clean	14	5	
			6			6		
			7	Transition to third segment		7		
			8			8		

LEVEL 3: PYRAMID									
COUNT SHEET									
Back Group					Front Group				
1	1	shoulder stand in back start set	1	1		6	1	mid-base helps top spin for decent	
	2			2			2		
	3			3			3	top hits ground	
	4			4			4		
	5			5			5		
	6			6			6		
	7	initiate climb		7	bases squat for thigh stand		7	mid-base jumps to ground	
	8			8			8		
2	1	left foot lands on shoulder	2	1	mid-base grabs front assist	7	1	Clean (All)	
	2			2			2		
	3			3			3		
	4			4			4		
	5	right foot lands on shoulder		5	mid-base places first foot on thigh and dips for thigh stand		5		
	6			6			6		
	7			7	mid-base lands in thigh stand		7		
	8			8			8		
3	1	right foot switches over	3	1	mid-base cleans	8	1		
	2			2			2		
	3			3			3		
	4			4			4		
	5	left foot switches over		5			5		
	6			6			6		
	7			7			7		
	8			8			8		
4	1	mid-base and top connect hands	4	1	mid-base and top connect hands	9	1		
	2			2			2		
	3			3			3		
	4			4			4		
	5	Dip		5			5		
	6			6			6		
	7	Hit "I" dangle		7	Mid-base holds top in front support position		7		
	8			8			8		
5	1	Base lets go and cleans	5	1		10	1		
	2			2			2		
	3			3			3		
	4			4			4		
	5			5			5		
	6			6			6		
	7			7			7		
	8			8			8		

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

LEVEL 3: TUMBLING											
COUNT SHEET											
	5										
	6										
	7										
	8										
1	1	Start set in windows	6	1	stand up	11	1				
	2			2			2				
	3			3			3				
	4			4			4				
	5	set for BHS		5	1 step forward, close		5				
	6			6			6				
	7			7			7				
	8			8			8				
2	1	swing arms for BHS	7	1		12	1	2 step run			
	2			2			2				
	3	hands hit floor		3			3	hurdle			
	4	rebound		4			4	round off			
	5	stick		5			5	BHS			
	6			6			6	hands hit			
	7	clean		7			7				
	8			8			8	hands hit			
3	1	1 step forward, close	8	1	Both arms up high, point dominant foot forward	13	1	rebound			
	2			2			2				
	3			3	hands hit floor		3	stick			
	4			4			4				
	5			5	pass through to backhandspring		5	clean			
	6			6			6				
	7			7	hands hit floor		7				
	8			8			8				
4	1	hit high V	9	1	Rebound						
	2			2							
	3	initiate swing cross arms in front of body		3	Stick						
	4	hit straddle		4							
	5	sit to initiate straight arm roll		5	Clean						
	6			6							
	7			7	turn right and walk to new position						
	8			8							
5	1	hit straight arm plank	10	1							
	2			2							
	3			3							
	4			4							
	5			5							
	6			6							
	7	jump to tuck knees in		7							
	8			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:

- 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; 2FT
 - 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) 2-2 FC; GRD-EXT; VER-VER; VER HSUP "S"
- 4) 2-2; FC; EXT-EXT; VER HSUP "S"-INV NON HS; INV 180
- 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-EXT; VER-VER; 1FT NO FLEX
 - Liberty extension - facing Left side of floor
- 7) Left foot extends downward beside right foot
- 8) Extended left leg to arabesque
 - Prep level lib transition to 2-foot prep
- 9) 3-3; R; EXT-CRDL; VER-HOZ; 1 FT; NO TWIST
 - No twist cradle with quarter turn to the front

LEVEL 4 – 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:

- **Structure:** (bases in thigh stand; mid-level standing with arms extended overhead)
- **Entry:** 2-1-1 GRD-PK; VER-HSUP "I"; TWIST 180
 - Tossers place the top from ground to peak of pyramid - 180 twist up to front support hold
- **Dismount:** 2-1-1 PK-GRD; HSUP "I"- VER; TWIST 180
 - Descending Top descends from peak of pyramid to ground from front support hold with 2 catchers - ½ twist down
- **Tossers:** 2
- **Catchers:** 2

LEVEL 4 – 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)

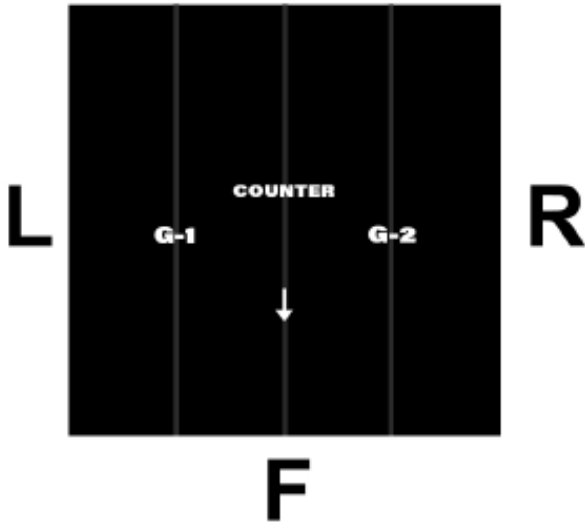
LEVEL 4 – COMPULSORY TUMBLING SKILLS**Number of Competitors:** Two (2) rows of 3 athletes = 6 athletes total)**Tumbling Heat Special Requirements:**

- 1) Back tuck stick
- 2) Straddle Jump 120°-150° (arms optional; must be the same position throughout the group), back handspring rebound stick
- 3) Back handspring, 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 4

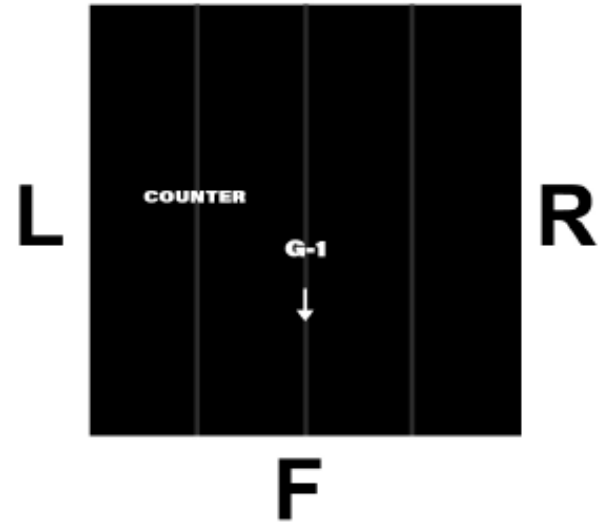
ACRO

B



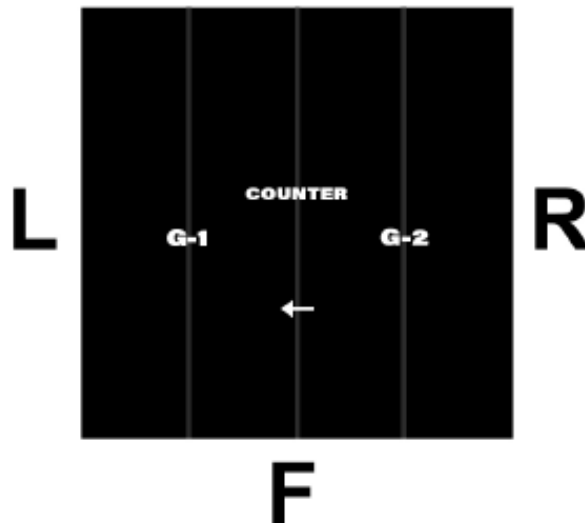
Section 1: Top starts facing B
Section 2: Top starts facing R
Section 3: Top starts facing F

PYRAMID



Top starts facing F

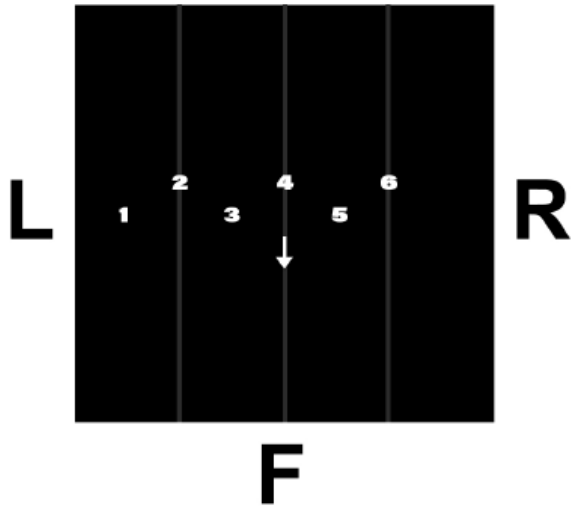
TOSS



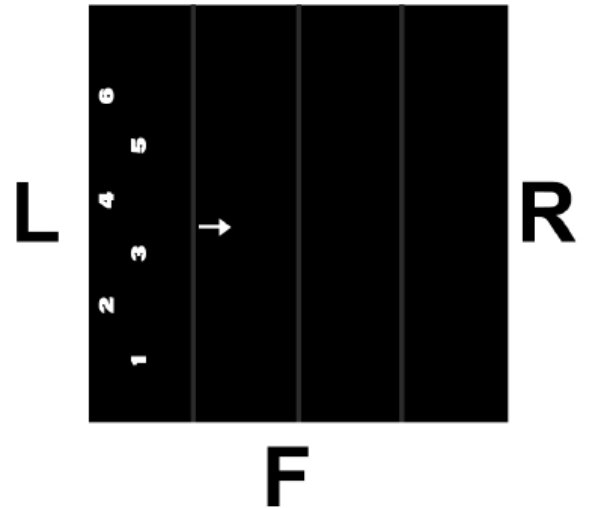
Top starts facing L

Compulsory Tumbling Formations Level 4

Skills 1-3



Skill 4



LEVEL 4: COMPULSORY ACRO									
COUNT SHEET									
5									
6									
7									
8									
1		1	Top places right foot on base's right thigh	1	Dip for extended lib				
2		2		2					
3		3	Dip to press up to assisted front support	3	Extended lib hits the top				
4		4		4					
5	Set for assisted toe pitch	5	Top hits front support position	5					
6		6		6					
7		7		7					
8		8		8					
1	Dip for assisted toe pitch	1	Top lifts knees to prep for straddle hold	1	Top - Left leg extends down				
2		2		2					
3	Throw toe pitch	3	Top hits straddle hold	3	Top hits arabesque				
4		4		4					
5	Land in toe pitch (back assisting base assists main base to catch top's feet)	5	Dip for straddle pop-over to inversion	5					
6		6		6					
7		7	Top's shoulders connect with second base	7					
8		8		8					
1	Front assisting base moves to the side to prepare for dismount	1	Top's legs come together for inversion	1	Dip for cradle				
2		2		2					
3		3		3	throw for cradle				
4		4		4					
5	Dip for pop-off dismount	5		5	Catch Cradle				
6		6		6					
7	Throw dismount	7		7					
8		8		8					
1	Land dismount	1	Top tucks legs for dismount	1	Set out				
2		2		2					
3		3	Top lands dismount	3	Clean				
4		4		4					
5	Clean	5		5					
6		6		6					
7	Transition to second segment	7	Clean	7					
8		8		8					
1		1	Transition to third segment	1					
2		2		2					
3		3		3					
4		4		4					
5		5		5					
6		6		6					
7	Top and base connect hands (base facing left side of floor)	7	Set for extended lib (facing the left side)	7					
8		8		8					

LEVEL 4: 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	Mid-base grabs front assist's shoulders			1			
2				2			
3				3			
4				4			
5	Mid-base lifts one leg onto base's thigh	1		5			
6				6			
7	Mid-base lifts second leg onto base's thigh			7			
8				8			
1				1			
2				2			
3				3	Front assist moves to right side of primary bases; Tossers set		
4				4			
5				5			
6				6			
7	Mid-base hits thigh stand position			7			
8				8			
1	Mid base grabs top's hands			1	top grabs mid base's hands		
2				2			
3				3	top puts foot into tossers (1) hands, tosser (2) grabs from the back		
4				4			
5	Mid-base dips to lift/twist top to Front support			5	Dip to lift/twist to front support		
6				6			
7				7			
8				8			
1				1	Top Hits front support		
2				2			
3				3	Tossers release top's feet		
4				4			
5				5			
6				6			
7				7			
8				8			
1				1			
2				2			
3				3	Catchers set		
4	Mid-base assists top for twist dismount			4			
5				5	Top begins twisting dismount		
6				6			
7				7	Top lands on the ground		
8				8			
1				1			
2				2			
3	Mid base cleans			3	Catchers and top clean		
4				4			
5	Mid base jumps to ground			5			
6				6			
7	Clean (ALL)			7	Clean (ALL)		
8				8			

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	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					6				
	7					7				
	8					8				

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

LEVEL 5 COMPULSORY – SKILLS, SPACING & COUNT SHEETS**LEVEL 5 – 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) 2-1; 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.
- 2) 1-2; R; SHD-GRD; VER-VER; Flip 360 B (Tuck)
 - 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

- 3) 1-1; FC; H-H; GRD-EXT; VER-HSUP "S"
 - Front support position, single base straddle hold
 - Primary base faces Left side of floor
- 4) 1-2; FC; EXT-EXT; HSUP "S"-INV NON HS
 - Pop over to invert non-handstand
- 5) 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)
- 6) 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

- 7) 3-3; FC; GRD-EXT; VER-VER; 1FT NO FLEX
 - Liberty extension - facing Left side of floor
- 8) Left foot extends downward beside right foot
- 9) Extended left leg to arabesque – 60 degree minimum
- 10) 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 1 foot – 360-degree twist.)

LEVEL 5 – COMPULSORY PYRAMID SKILLS

Number of Competitors: 7 Athletes total (1 thighstand group, mid-base, top, 1 tosser, 2 catchers)

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

- **Structure:** (bases in thighstand; mid-base standing with arms extended overhead)
- **Entry:** FC; GRD-PK; VER-HSUP "S"; TWIST 180
 - Tossers places the top from ground to peak of pyramid
- **Dismount:** FC; PK-GRD; HSUP "S"- VER; TWIST 180
 - Top descends from peak of pyramid to ground from straddle hold with 2 catchers - ½ twist down
- **Tossers:** 1
- **Catchers:** 2

LEVEL 5 – 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)
- Top must face front of mat
- 4 bases (2 side bases, 1 front base, 1 back base)

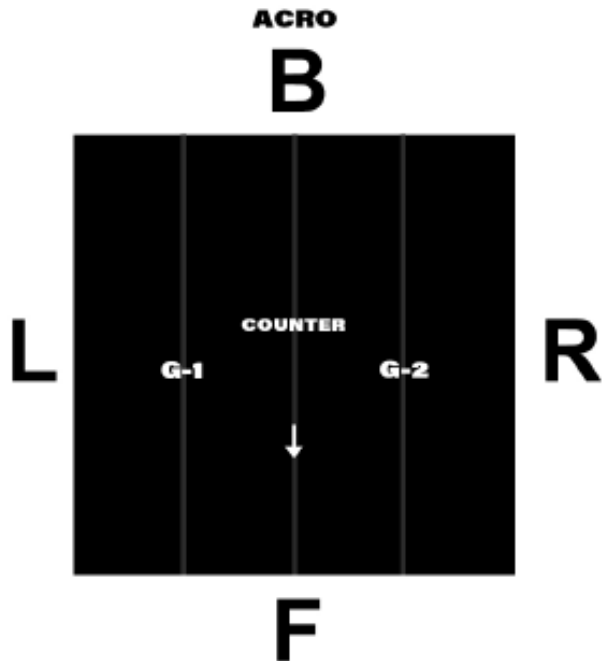
LEVEL 5 – COMPULSORY TUMBLING SKILLS

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

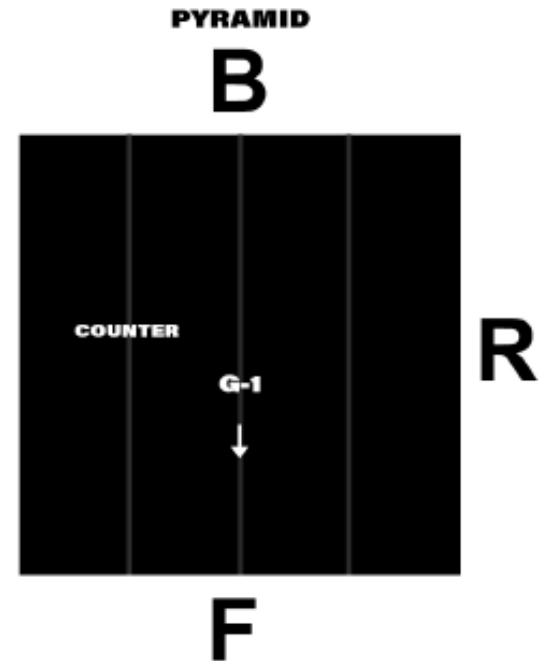
Tumbling Heat Special Requirements:

- 1) Standing Back tuck stick
- 2) Straddle Jump (180° minimum) 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

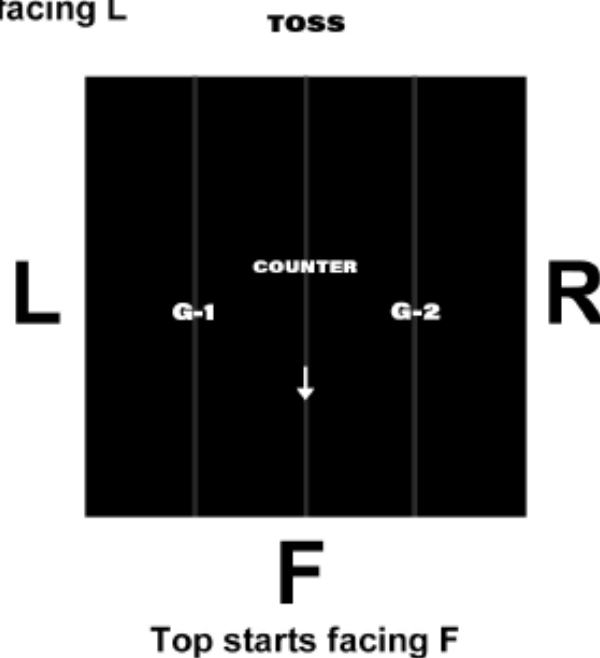
Compulsory Formations Level 5



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

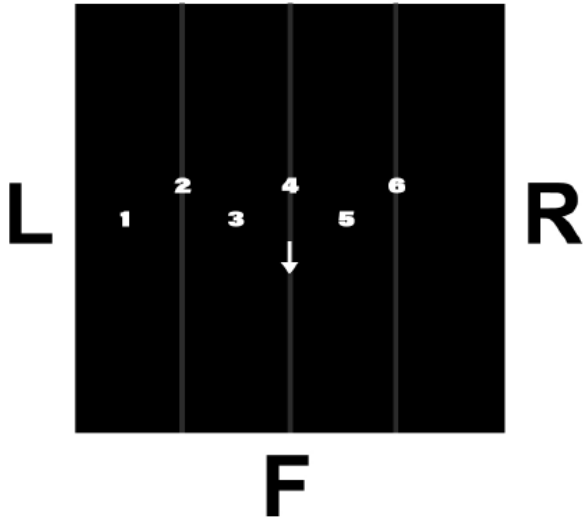


Top starts facing B

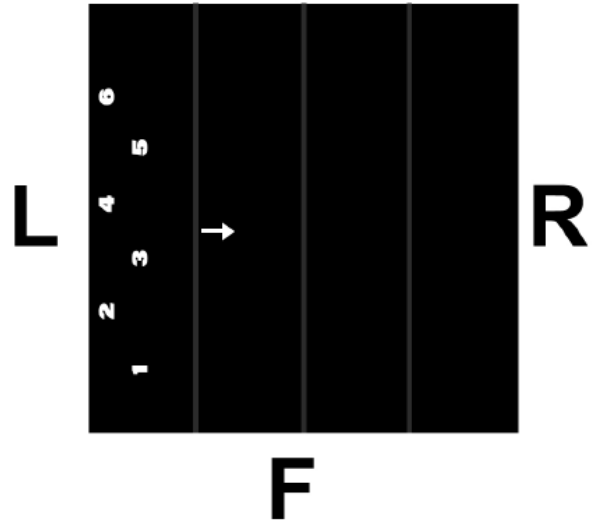


Compulsory Tumbling Formations Level 5

Skills 1-3



Skill 4



LEVEL 5: COMPULSORY ACRO									
COUNT SHEET									
5									
6									
7	Set for toe pitch								
8									
1	Dip for toe pitch	1				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			
1		1				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 left side)		
8		8				8			
1	Land tuck-off	1	Top's legs come together for inversion			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			
1		1	Top shifts first hand over			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 (base facing left side of floor)	7				7			
8		8				8			
1	Top places right foot on base's right thigh	1				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				7			
8		8				8			
						16	Set out		
						2			
						3	Clean		

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

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

LEVEL 5: COMPULSORY TUMBLING									
COUNT SHEET									
5	Start set in windows								
6									
7									
8									
1	1 Dip for standing back tuck	1		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	1	Dip for standing back handspring	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	1	Clean	1	Land back layout				
	2	2		2					
	3 Initiate swing cross arms in front of body	3	Turn Right to walk to side of mat	3					
	4 Hit straddle	4		4					
	5 Dip for standing back tuck	5		5	Clean				
	6	6		6					
	7 Land standing back tuck	7		7					
	8 Arms in stick position	8		8					
4	1	1							
	2	2							
	3 Clean	3							
	4	4							
	5 Step forward	5							
	6	6							
	7 Clean	7							
	8	8							

ACRO EVENT (Levels 3-5)

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 <ul style="list-style-type: none"> • Heat 1: Synchronized 4 Element • Heat 2: 5 Element
Difficulty Restriction	Allowed Elements valued up to “B”
Special Requirements	<ul style="list-style-type: none"> • Heat 1: Synchronized 4 Element <ul style="list-style-type: none"> ○ Maximum of four (4) athletes per Acro group, two (2) acro groups total (Maximum of 8 total) <ul style="list-style-type: none"> ▪ 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 Restrictions	<ul style="list-style-type: none"> • Only two (2) athletes on the Meet Day roster may compete in a maximum of two (2) heats. All other athletes may only compete in one heat.
Hold Requirement	<ul style="list-style-type: none"> • Each skill must be held for 2 seconds once a static position has been reached.
Element Values	A = 0.2 B = 0.4
Start Value Equation	<p>Core Value + Elements Competed = Start Value (SV).</p> <p>4 Element Acro:</p> <ul style="list-style-type: none"> • 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. <p>5 Element Acro:</p> <ul style="list-style-type: none"> • 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. <p>Example: 4 Element > Core Value 7.8 + A (0.2) + B (0.4) + B (0.4) + A (0.2) = 9.0 SV</p>

ACRO EVENT – LEVEL 4	
Number of Heats	2 Optional Heats <ul style="list-style-type: none"> • Heat 1: Synchronized 4 Element • Heat 2: 5 Element
Difficulty Restriction	<ul style="list-style-type: none"> • Allowed Elements valued up to “B” • Restricted C Elements: “C” Elements may be competed but will receive “B” value.
Special Requirements	<ul style="list-style-type: none"> • Heat 1: Synchronized 4 Element <ul style="list-style-type: none"> ○ Maximum of four (4) athletes per Acro group, two (2) acro groups total (Maximum of 8 total) <ul style="list-style-type: none"> ▪ 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 Restrictions	<ul style="list-style-type: none"> • Only two (2) athletes on the Meet Day roster may compete in a maximum of two (2) heats. All other athletes may only compete in one heat.
Hold Requirement	<ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • 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 5	
Number of Heats	2 Optional Heats <ul style="list-style-type: none"> • Heat 1: Synchronized 4 Element • Heat 2: 5 Element
Difficulty Restriction	<ul style="list-style-type: none"> • No difficulty restrictions.
Special Requirements	<ul style="list-style-type: none"> • Heat 1: Synchronized 4 Element <ul style="list-style-type: none"> ○ Maximum of four (4) athletes per Acro group, two (2) acro groups total (Maximum of 8 total) <ul style="list-style-type: none"> ▪ 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 Restrictions	<ul style="list-style-type: none"> • Only two (2) athletes on the Meet Day roster may compete in a maximum of two (2) heats. All other athletes may only compete in one heat.
Hold Requirement	<ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • 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	FULL CONTACT	FULL CONTACT
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"	6) 2-1; FC; H-H; 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"	7) 1-1; FC; H-H; GRD-SHD; VER-VER; 2FT
11) 1-1; FC; GRD-EXT; VER-VER; HSUP "I"	ASCENDING TO EXT INV NON HS	8) 2-1; FC; H-H; GRD-SHD; VER-VER; 2 FT; TWIST 180
ASCENDING TO HSUP "L"	13) 3-2; FC; GRD-EXT; VER-INV NON HS; INV 180	9) 3-3; FC; GRD-SHD; VER-VER; 1 FT
2) 2-2; FC; GRD-EXT; VER-VER; VER HSUP "L"		10) 3-3; FC; SHD-SHD; VER-VER; 1 FT-2 FT
3) 2-2; FC; EXT-EXT; VER-VER; VER HSUP "I"-VER HSUP "L"		

ASCENDING ELEMENTS

B ELEMENTS [#100-199] (Value: Event - 0.40/Team - 9.4)

FULL CONTACT	FULL CONTACT	RELEASE
ASCENDING TO HSUP "L"	ASCENDING TO SHD VER	OTHER SKILLS (HOZ)
100) 2-1; FC; GRD-EXT; VER-VER; VER HSUP "L"	115) 2-2; FC; H-F; GRD-SHD; VER-VER; 2 FT; TWIST 180	151) 2-2; R; BLW SHD-EXT; HOZ-HOZ
101) 1-1; FC; SHD-EXT; VER-VER; VER HSUP "L"	ASCENDING TO EXT VER	152) 3-2; R; EXT-EXT; HOZ-HOZ; TWIST 180
102) 2-1; FC; GRD-EXT; VER-VER; VER HSUP "L"; TWIST 180	108) 2-2; FC; GRD-EXT; VER-VER; 2 FT	ASCENDING TO SHD VER
ASCENDING TO HSUP "S"	109) 3-3; FC; GRD-EXT; VER-VER; 1 FT	153) 2-2; R; H-F; GRD-SHD; VER-VER; 2FT
103) 2-1; FC; GRD-EXT; VER-VER; VER HSUP "S"	110) 2-3; FC; GRD-EXT; VER-VER; 1 FT	
104) 1-1; FC; SHD-EXT; VER-VER; VER HSUP "S"	111) 2-2; FC; SHD-EXT; VER-VER; 2 FT	
105) 2-1; FC; GRD-EXT; VER-VER; VER HSUP "S"; TWIST 180	ASCENDING TO EXT INV NON HS	
ASCENDING TO SHD VER	112) 2-2; FC; GRD-EXT; VER-INV NON HS; INV 180	
106) 2-2; FC; H-H; GRD-SHD; VER-VER; 2FT; TWIST 360	113) 1-2; FC; SHD-EXT; VER-INV NON HS; INV 180	
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		

ASCENDING ELEMENTS

C ELEMENTS [#200-299] (Value: Event - 0.60/Team - 9.6)

FULL CONTACT	FULL CONTACT	FULL CONTACT
ASCENDING TO L HSUP	ASCENDING TO EXT VER	ASCENDING TO SHD HS
200) 1-1; FC; GRD-EXT; VER-VER; VER HSUP "L"	209) 3-2; FC; GRD-EXT; VER-VER; 1 FT	222) 2-2; FC; SHD-SHD; VER-INV 2H HS; INV 180
202) 2-1; FC; GRD-EXT; VER-VER; VER HSUP "L"; TWIST 270	211) 3-3; FC; GRD-EXT; VER-VER; 1 FT; TWIST 180	EXT-EXT INVERSIONS
ASCENDING TO S HSUP	217) 2-1; FC; SHD-EXT; VER-VER; 2FT	215) 2-1; FC; EXT-EXT; INV NON HS-INV NON HS
203) 1-1; FC; GRD-EXT; VER-VER; VER HSUP "S"	218) 1-2; FC; SHD-EXT; VER-VER; 2FT	
205) 2-1; FC; GRD-EXT; VER-VER; VER HSUP "S"; TWIST 270	ASCENDING TO EXT INV NON HS	
ASCENDING TO SHD VER	213) 1-2; FC; GRD-EXT; VER-INV NON HS; INV 180	RELEASE
207) 1-1; FC; H-H; GRD-SHD; VER-VER; 2 FT; TWIST 360	214) 2-1; FC; GRD-EXT; VER-INV NON HS; INV 180	ASCENDING TO SHD VER
216) 1-2; FC; H-F; GRD-SHD; VER-VER; 2 FT; TWIST 180	219) 1-1; FC; SHD-EXT; VER-INV NON HS	250) 1-2; R; H-F; GRD-SHD; VER-VER; 2FT
220) 2-1; FC; H-F; GRD-SHD; VER-VER; 2 FT; TWIST 180	221) 2-2; FC; EXT-EXT; VER HSUP "S"-INV NON HS; INV 180	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	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
ASCENDING TO S HSUP	319) 2-1; FC; SHD-SHD; VER-INV 2H HS; INV 180	ASCENDING TO SHD VER
303) 1-1; FC; GRD-EXT; VER-VER; VER HSUP "S"; TWIST 180	ASCENDING TO EXT HS	353) 1-1; R; H-F; GRD-SHD; VER-VER; 2 FT
304) 1-1; FC; GRD-EXT; VER-VER; VER HSUP "S"; TWIST 270	320) 2-2; FC; SHD-EXT; VER-INV 2H HS; INV 180	354) 2-1; R; GRD-SHD; VER-VER; 2 FT
ASCENDING TO SHD VER	ASCENDING TO EXT INV NON HS	355) 2-1; R; H-W; GRD-SHD; VER-VER; 2 FT
306) 2-3; FC; H-F; GRD-SHD; VER-VER; 2 FT; TWIST 360	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
307) 3-2; FC; H-F; GRD-SHD; VER-VER; 2 FT; TWIST 360	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
309) 1-1; FC; H-F; GRD-SHD; VER-VER; 2 FT; TWIST 180	EXT-EXT INVERSIONS	358) 2-2; R; SHD-SHD; VER-VER; 2 FT; TWIST 180
ASCENDING TO EXT VER	323) 1-2; FC; EXT-EXT; VER HSUP "S"-INV NON HS; INV 180	RELEASE INV-SHD
310) 2-2; FC; GRD-EXT; VER-VER; 1 FT	324) 1-2; FC; EXT-EXT; VER HSUP "L"-INV NON HS; INV 180	362) 2-2; R; BLW SHD-SHD; INV-VER 2 FT; INV 180
311) 2-3; FC; GRD-EXT; VER-VER; 1 FT FLEX		OTHER SKILLS (HOZ)
312) 3-2; FC; GRD-EXT; VER-VER; 1 FT FLEX		363) 2-3; R; EXT-EXT; VER 2 FT FD HOZ
313) 1-1; FC; SHD-EXT; VER-VER; 2 FT		
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	FULL CONTACT	RELEASE
ASCENDING TO EXT VER	ASCENDING TO EXT HS	ASCENDING TO SHD VER
400) 2-3; FC; GRD-EXT; VER-VER; 1 FT; TWIST 180	413) 2-2; FC; SHD-EXT; INV 2H HS-INV 2H HS	455) 1-2; R; SHD-SHD; VER-VER; 2 FT; TWIST 180
401) 3-2; FC; GRD-EXT; VER-VER; 1 FT; TWIST 180	ASCENDING TO EXT INV NON HS	456) 2-1; R; SHD-SHD; VER-VER; 2 FT; TWIST 180
402) 2-2; FC; GRD-EXT; VER-VER; 2 FT; TWIST 180	414) 1-2; FC; SHD-EXT; INV 2H HS-INV NON HS	ASCENDING TO EXT VER
404) 1-2; FC; GRD-EXT; VER-VER; 1 FT	INLOCATE TO HAND IN HAND AT SHD	457) 3-3; R; GRD-EXT; VER-VER; 1 FT OR 1FT FLEX
406) 1-2; FC; GRD-EXT; VER-VER; 2 FT; TWIST 180	415) 1-2; FC; GRD-SHD; VER-INV 2H HS; INV 180 (INLOCATE)	458) 1-2; R; SHD-EXT; VER-VER; 2 FT
407) 1-2; FC; SHD-EXT; VER-VER; 2 FT-1 FT	416) 2-1; FC; SHD-SHD; VER-INV 2H HS; INV 180 (INLOCATE)	459) 2-2; R; SHD-EXT; VER-VER; 2 FT; TWIST 180
408) 1-2; FC; SHD-EXT; VER-VER; 1 FT		460) 2-2; R; EXT-EXT; VER-VER; 2 FT; TWIST 180
417) 1-1; FC; SHD-EXT; VER-VER; VER 2FT-VER HSUP "S" 1H; Base 1H	RELEASE	461) 2-2; R; GRD-EXT; VER-VER; 2 FT
ASCENDING TO SHD HS	ASCENDING TO SHD VER	462) 2-2; R; SHD-EXT; VER-VER; 1 FT
409) 1-2; FC; GRD-SHD; VER-INV 2H HS; INV 180	451) 1-1; R; H-W; GRD-SHD; VER-VER; 2 FT	
410) 1-2; FC; GRD-SHD; VER-INV 2H HS; INV 180; TWIST 90	452) 2-1; R; GRD-SHD; VER-VER; 2 FT; TWIST 180	
411) 2-1; FC; GRD-SHD; VER-INV 2H HS; INV 180	453) 1-2; R; GRD-SHD; VER-VER; 2 FT; TWIST 180	
412) 2-1; FC; GRD-SHD; VER-INV 2H HS; INV 180; TWIST 90	454) 2-2; R; SHD-SHD; INV-VER 2 FT; INV 180	

DESCENDING ELEMENTS		
A ELEMENTS [#500-599] (Value: Event - 0.20/Team - 9.2)		
FULL CONTACT	FULL CONTACT	RELEASE
DISMOUNTS FROM I SUP	DISMOUNTS FROM EXT VER	DISMOUNTS FROM SHD VER
516) 1-1; FC; EXT-GRD; VER-VER; HSUP "I"-2 FT; NO TWIST	510) 2-1; FC; EXT-SHD; VER-VER; 2 FT	557) 1-1; R; SHD-GRD; VER-VER; 2 FT
517) 1-1; FC; EXT-GRD; VER-VER; HSUP "I"-2 FT; TWIST 180	511) 2-2; FC; EXT-SHD; VER-VER; 1 FT-2 FT	558) 1-2 R; SHD-GRD; VER-VER; 2 FT
518) 2-1; FC; EXT-GRD; VER-VER; HSUP "I"-2 FT; NO TWIST	512) 2-1; FC; EXT-SHD; VER-VER; 1 FT -2 FT	559) 2-2; R; SHD-GRD; VER-VER; 2FT
DISMOUNTS FROM L SUP	DISMOUNTS FROM EXT HS	560) 2-1; R; SHD-GRD; VER-VER; 2 FT
500) 1-1; FC; EXT-GRD; VER-VER; HSUP "L"-2 FT; NO TWIST	513) 2-2; FC; EXT-GRD; INV 2H HS-VER; INV 180	565) 3-3; R; SHD-CRDL; VER-HOZ; 1 FT; NO TWIST
501) 2-1; FC; EXT-GRD; VER-VER; HSUP "L"-2 FT; NO TWIST	DISMOUNTS FROM EXT NON HS	DISMOUNTS FROM EXT VER
502) 1-2; FC; EXT-GRD; VER-VER; HSUP "L"-2 FT; NO TWIST	514) 2-2; FC; EXT-GRD; INV NON HS-VER; INV 180; NO TWIST	561) 3-1; R; EXT-GRD; VER-VER; VER 2 FT
519) 2-1; FC; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 180	515) 2-2; FC; EXT-GRD; INV NON HS-VER; INV 180; TWIST 90	562) 2-2; R; EXT-GRD; VER-VER; 2FT
DISMOUNTS FROM S SUP	RELEASE	DISMOUNTS FROM EXT NON HS
503) 1-1; FC; EXT-GRD; VER-VER; HSUP "S"-2 FT; NO TWIST	DISMOUNTS FROM HSUP "L"	563) 2-2; R; EXT-GRD; INV NON HS-VER; INV 180; NO TWIST
504) 1-2; FC; EXT-GRD; VER-VER; HSUP "S"-2 FT; NO TWIST	551) 1-1; R; EXT-GRD; VER-VER; HSUP "L"-2 FT; NO TWIST	564) 2-2; R; EXT-GRD; INV NON HS-VER; INV 180; TWIST 90
505) 2-1; FC; EXT-GRD; VER-VER; HSUP "S"-2 FT; NO TWIST	552) 1-2; R; EXT-GRD; VER-VER; HSUP "L"-2 FT; NO TWIST	
506) 2-2; FC; EXT-GRD; VER-VER; HSUP "S"-2 FT; NO TWIST	553) 2-1; R; EXT-GRD; VER-VER; HSUP "L"-2 FT; NO TWIST	
520) 2-1; FC; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 180	566) 2-1; R; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 180	
521) 2-1; FC; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 270	DISMOUNTS FROM HSUP "S"	
DISMOUNTS FROM EXT VER	554) 1-1; R; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 180	
507) 3-3; FC; EXT-BLW SHD; VER-VER; VER 2 FT	555) 1-2; R; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 180	
508) 2-2; FC; EXT-BLW SHD; VER-VER; VER 2 FT	556) 2-1; R; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 180	
509) 2-2; FC; EXT-SHD; VER-VER; 2 FT	567) 2-1; R; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 180	

DESCENDING ELEMENTS		
B ELEMENTS [#600-699] (Value: Event - 0.40/Team - 9.4)		
FULL CONTACT	RELEASE	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	667) 2-2; R; EXT-GRD; VER-VER; 1 FT
602) 1-2; 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	675) 3-3; R; EXT-BLW; VER-CRDL; 1 FT; NO TWIST
DISMOUNTS FROM HSUP "S"	DISMOUNTS FROM S SUP	DISMOUNTS FROM SHD HS
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	668) 1-1; R; SHD-GRD; INV 2H HS-VER; INV 180; TWIST 180
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	669) 1-2; R; SHD-GRD; INV 2H HS-VER; INV 180; TWIST 180
614) 1-1; FC; EXT-GRD; 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	670) 2-2; R; SHD-GRD; INV 2H HS-VER; INV 180; TWIST 180
615) 1-1; FC; EXT-GRD; 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	DISMOUNTS FROM EXT NON HS
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	671) 1-1; R; EXT-GRD; INV NON HS-VER; INV 180; NO TWIST
607) 1-2; FC; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 270	DISMOUNTS FROM SHD VER	672) 2-1; R; EXT-GRD; INV NON HS-VER; INV 180; NO TWIST
614) 2-1; FC; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 360	660) 1-1; 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 EXT HS	661) 1-2; R; SHD-GRD; VER-VER; 2 FT; TWIST 180	674) 2-1; R; EXT-GRD; INV NON HS-VER; INV 180; TWIST 180
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	
DISMOUNTS FROM SHD HS	676) 3-3; R; SHD-BLW; VER-CRDL; 2 FT; TWIST 360	
610) 1-1; FC; SHD-GRD; INV 2H HS-VER; INV 180 (INLOCATE)	DISMOUNTS FROM EXT VER	
611) 1-1; FC; SHD-GRD; INV 2H HS-VER; INV 180; TWIST 180	663) 1-1; R; EXT-GRD; VER-VER; 2 FT	
DISMOUNTS FROM EXT NON HS	664) 2-1; R; EXT-GRD; VER-VER; 2 FT	
612) 1-1; FC; EXT-GRD; INV NON HS-VER; INV 180; TWIST 90	665) 1-2; R; EXT-GRD; VER-VER; 2 FT	
613) 2-1; FC; EXT-GRD; INV NON HS-VER; INV 180; TWIST 90	666) 1-2; R; EXT-GRD; VER-VER; 1 FT	

DESCENDING ELEMENTS		
C ELEMENTS [#700-799] (Value: Event - 0.60/Team - 9.6)		
FULL CONTACT	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	752) 2-1; 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	753) 3-3; R; EXT-BLW; VER-CRDL; 1 FT; TWIST 360
716) 2-1; FC; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 360	712) 2-2; FC; EXT-SHD; INV 2H HS-INV 2H HS	DISMOUNTS FROM EXT NON HS
717) 2-2; FC; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 360	713) 2-1; FC; EXT-SHD; INV 2H HS-INV 2H HS	754) 2-1; R; EXT-GRD; INV NON HS-VER; FLIP 180
DISMOUNTS FROM HSUP "S"	714) 1-2; FC; EXT-SHD; INV 2H HS-INV 2H HS	755) 1-1; R; EXT-GRD; INV NON HS-VER; INV 180; TWIST 180
715) 1-1; FC; EXT-GRD; VER-VER; HSUP "S" 1H-VER 2FT; Base 1H; TWIST 180	RELEASE	756) 2-1; R; EXT-GRD; INV NON HS-VER; INV 180; TWIST 180
703) 1-2; FC; EXT-GRD; VER-VER; VER-HSUP "S"; FLIP 360	DISMOUNTS FROM L SUP	757) 2-2; 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	762) 2-1; R; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 270	DISMOUNTS FROM EXT HS
705) 1-2; FC; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 360	763) 2-1; R; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 360	758) 1-1; R; EXT-GRD; INV 2H HS-VER; INV 180; TWIST 180
DISMOUNTS FROM SHD HS	DISMOUNTS FROM S SUP	759) 2-1; 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	764) 2-1; R; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 360	760) 1-2; R; EXT-GRD; INV 2H HS-VER; INV 180; TWIST 180
708) 1-2; FC; SHD-BLW; INV 2H HS-CRDL; INV 90; TWIST 360	DISMOUNTS FROM EXT VER	DISMOUNTS OTHER SKILLS (HOZ)
709) 2-2; FC; SHD-BLW; INV 2H HS-CRDL; INV 90; TWIST 360	751) 1-1; R; EXT-GRD; VER-VER; 1 FT	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	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
804) 1-2; FC; EXT-GRD; VER-VER; VER-HSUP "L" FLIP 360	854) 1-1; R; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 360	867) 2-3; R; EXT-BLW; VER-CRDL; 1 FT; TWIST 360
DISMOUNTS FROM EXT VER	855) 1-2; R; EXT-GRD; VER-VER; HSUP "L"-2 FT; TWIST 360	868) 3-3; R; EXT-BLW; VER-CRDL; 1 FT; TWIST 360
805) 1-2; FC; EXT-BLW SHD; VER-VER; VER 2 FT	DISMOUNTS FROM S SUP	DISMOUNTS FROM SHD 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	869) 1-1; R; SHD-GRD; INV 2H HS-VER; INV 180 (INLOCATE)
807) 1-1; FC; EXT-SHD; VER-VER; 2 FT	858) 1-2; R; EXT-GRD; VER-VER; HSUP "S"-2 FT; TWIST 360	DISMOUNTS FROM EXT HS
808) 1-2; FC; EXT-SHD; VER-VER; 1 FT-2 FT	DISMOUNTS FROM SHD VER	870) 1-2; R; EXT-BLW; INV 2H HS-CRDL; INV 90; TWIST 360
DISMOUNTS FROM EXT NON HS	860) 1-1; R; SHD-GRD; VER-VER; 2 FT; TWIST 360	871) 2-2; R; EXT-BLW; INV 2H HS-CRDL; INV 90; TWIST 360
809) 2-1; FC; EXT-GRD; INV NON HS-VER; INV 180; TWIST 180	861) 1-2; R; SHD-GRD; VER-VER; 2 FT; TWIST 360	DISMOUNTS FROM EXT NON HS
810) 2-1; FC; EXT-GRD; INV NON HS-VER; INV 180; TWIST 270	862) 2-1; R; SHD-GRD; VER-VER; 2 FT; TWIST 360	872) 1-1; R; EXT-GRD; INV NON HS-VER; INV 180; TWIST 360
DISMOUNTS OTHER SKILLS (HOZ)	863) 2-2; R; SHD-GRD; VER-VER; 2 FT; FLIP 360 B (Tuck)	873) 2-1; R; EXT-GRD; INV NON HS-VER; INV 180; TWIST 360
811) 1-1; FC; EXT-GRD; HOR-VER; HOZ-FD or UP FT APART; FLIP 270	864) 1-2; R; SHD-GRD; VER-VER; 2 FT; FLIP 360 B (Tuck)	874) 2-2; R; EXT-GRD; INV NON HS-VER; INV 180; TWIST 360

DESCENDING ELEMENTS		
E ELEMENTS [#900-999] (Value: Event - 1.0/Team - 10.0)		
RELEASE	RELEASE	RELEASE
DISMOUNTS FROM SHD VER	DISMOUNTS FROM EXT 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	956) 1-2; R; EXT-GRD; VER-VER; 1 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	957) 3-3; R; EXT-BLW; VER-CRDL; 1 FT; TWIST 720
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	958) 3-3; R; EXT-BLW; VER-CRDL; 1 FT FLEX; TWIST 720

PYRAMID EVENT (Levels 3-5)

EVENT REQUIREMENTS

PYRAMID EVENT – LEVELS 3-5	
Number of Heats	2 Optional Heats <ul style="list-style-type: none"> • Heat 1: Open • Heat 2 (Level 3): Open • Heat 2 (Levels 4 & 5): Synchronized Identical Pyramids (2 Pyramid Groups)
Difficulty Restriction	<ul style="list-style-type: none"> • Level 3: Start Value of 9.5 & below • Level 4: Start Value of 9.7 & below • Level 5: No difficulty restrictions.
Special Requirements	<ul style="list-style-type: none"> • Heat 2 (Level 3): Pyramid (start value 9.5 & below) must be different than pyramid competed in Heat 1 • Heat 2 (Levels 4 & 5): Synchronized Identical Pyramids
Hold Requirement	<ul style="list-style-type: none"> • 2 second hold for peak and modifier elements (count starts once top is static)
Additional Heat Clarifications	<ul style="list-style-type: none"> • VER HSUP "I" must be performed as stated. • Pyramids stated "S"/"L" can be performed in a pike (VER HSUP "L") or straddle (VER HSUP "S") position and the position must be declared on tariff.

TABLE OF ELEMENTS

Pyramid Sequences Levels 3-5		
Hand Support		
Pyramid Number		Value
PHS1	Structure: 2.1.1 Prim Bases-1 thighstand group; 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	9.10
PHS2-S/L	Structure: 3.1.1 Prim Bases-1 thighstand group & 1 support in back; Mid Base-stand on thighs arms ext overhead Entry: FC; GRD-PK; VER HSUP "S"/"L"-VER; 180 TWIST Tossers: 2 Dismount: FC; PK-GRD; VER HSUP "S"/"L"-VER; 180 TWIST Catchers: 2	9.35
PHS3-S/L	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"/"L" Tossers: 1 Dismount: FC; PK-GRD; VER HSUP "S"/"L"- VER; TWIST 180 Catchers: 2	9.60
PHS4-S/L	Structure: 1.1.1 Prim Base – standing; Mid Base – shd sit arms ext overhead Entry: FC; SHD-PK; VER-VER HSUP "S"/"L" Tossers: 1 Dismount: FC; PK-GRD; VER HSUP "S"/"L"-VER; 180 TWIST Catchers: 1	9.70
PHS5-S/L	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"/"L"; TWIST 180 Tossers: 1 Dismount: FC; PK-GRD; VER HSUP "S"/"L"-VER; 360 TWIST Catchers: 2	9.70
PHS6-S/L	Structure: 1.1.1 Prim Base-crab; Mid Base-stand arms ext overhead Entry: FC; GRD-PK; VER-VER HSUP "S"/"L"; TWIST 180 Tossers: 2 Dismount: FC; PK-GRD, VER HSUP "S"/"L"-VER, 180 TWIST Catchers: 2	9.80

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 thighstand group; 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	9.10
PHS9-S/L	Structure: 2.1.1 Prim bases - 1 thighstand group; Mid base-stand on thighs, arms ext overhead Entry: FC; GRD-PK; VER-VER HSUP "S"/"L"; TWIST 180 Tossers: 2 Dismount: FC; PK-GRD; VER HSUP "S"/"L"-VER; TWIST 180 Catchers: 2	9.50
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-S/L	Structure: 2.1.1 Prim bases - 1 thighstand group; Mid base-stand on thighs, arms ext overhead Entry: FC; GRD-PK; VER-VER HSUP "S"/"L"; TWIST 180; Mid base = 1 Hand Tossers: 1 Dismount: FC; PK-GRD; VER HSUP "S"/"L"-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
PHS13	Structure: 2.1.1 Prim bases - 1 thighstand group; Mid base-stand on thighs, arms ext overhead Entry: FC; SHD-PK; VER-VER HSUP "I" Tossers: 1 Dismount: FC; PK-GRD; VER HSUP "I"-VER; TWIST 180 Catchers: 2	9.00
PHS14	Structure: 2.1.1 Prim bases - 1 thighstand group; Mid base-stand on thighs, arms ext overhead Entry: FC; GRD-PK; VER-VER HSUP "S"; TWIST 180 Tossers: 1 Dismount: FC; PK-CRDL; VER HSUP "S"-HOZ; FLIP 90 Catchers: 2	9.70
PHS15	Structure: 1.1.1 Prim base - crab; Mid Base – free standing arms shd level Entry: FC; GRD-PK; VER-VER HSUP "S"; TWIST 180 Tossers: 1 Dismount: FC; PK-CRDL; VER HSUP "S"-HOZ; FLIP 90 Catchers: 2	10.00
PHS16-S/L	Structure: 1.1.1 Prim base - crab; Mid Base – free standing arms shd level Entry: FC; GRD-PK; VER-VER HSUP "S"/"L"; TWIST 180 Tossers: 1 Dismount: FC; PK-GRD; VER HSUP "S"/"L"-VER; TWIST 360 Catchers: 2	10.00

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	9.30
PV2	Structure: 1.1.1 Prim Base – crab; Mid Base – free standing arms shd level Entry: FC; SHD-PK; VER-VER 2FT; TWIST 180 Tossers: 2 Dismount: R; PK-CRDL; VER 2FT-HOZ; FLIP 270 (Front Flip off to Cradle) Catchers: 2	9.70
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	9.50
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	9.80
PV5	Structure: 2.1.1 Prim Bases – 1 thighstand group; Mid Bases – standing on thighs, arms at shd level Entry: FC; SHD-PK; VER-VER 2FT Tossers: 1 Dismount: FC; PK-CRDL; VER 2FT-HOZ; TWIST 180 Catchers: 3	9.40

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; BLWSDH-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 - crab; 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 (Levels 3-5)

EVENT REQUIREMENTS

TOSS EVENT – LEVELS 3-5	
Number of Heats	2 Optional Heats <ul style="list-style-type: none"> • Heat 1: Open • Heat 2: Synchronized Identical Tosses (2 groups with 5 athletes/group (4 bases, 1 top)
Difficulty Restriction	<ul style="list-style-type: none"> • Level 3: Start Value of 9.4 & below • Level 4: Start Value of 9.4 & below • Level 5: No difficulty restrictions.
Additional Heat Clarifications	<ul style="list-style-type: none"> • Direction/Angling – <ul style="list-style-type: none"> ○ Body Position Specifications: <ul style="list-style-type: none"> ▪ 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. ○ Synchronized Heat: <ul style="list-style-type: none"> ▪ Groups must be angled in the same direction. ▪ Tosses must also face the same direction.

TABLE OF ELEMENTS

TOSS TABLE OF ELEMENTS					
Levels 3-5					
FORWARD ELEMENTS		BACKWARD ELEMENTS		ARABIAN ELEMENTS	
Element	Value	Element	Value	Element	Value
Front Tuck Open	9.00	Straight Ride (Level 3 ONLY)	7.00	Arabian Flip Tuck Open	9.40
Front Flip Pike Open	9.30	Back Salto Tuck	9.50	Arabian Flip Pike Open	9.45
Front Flip Layout	9.40	Back Salto Layout	9.65	Arabian Flip Layout	9.50
Kick Front Flip Layout	9.50	Kick Back Salto Layout	9.75	Arabian Flip Tuck Open 360	9.70
Front Flip Pike Open 360	9.65	Back Salto Layout 360	9.90	Arabian Flip Pike Open 360	9.80
Front Flip Layout 360	9.75	Kick Back Salto Layout 360	10.00	Arabian Flip Layout 360	9.90
Kick Front Flip Layout 360	9.85				

TUMBLING EVENT (Levels 3-5)

EVENT REQUIREMENTS

TUMBLING EVENT – LEVELS 3-5	
Number of Heats	<p>6 Optional Heats</p> <ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Level 3: Start Value of 8.2 & below • Level 4: Start Value of 9.05 & below • Level 5: No difficulty restrictions.
Repetition Rule	<ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> ○ 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 <ul style="list-style-type: none"> ▪ Direct connecting salto, or salto through to ending salto
Special Requirement (Heat 4)	<ul style="list-style-type: none"> • Heat 4 contain at least one of the following forward elements: <ul style="list-style-type: none"> ○ Front Handspring ○ Front Bounder ○ Front Salto (tuck, pike, or layout) <ul style="list-style-type: none"> ▪ With any degree of twist ○ Ineligible: Arabian
Athlete Restrictions	<ul style="list-style-type: none"> • An athlete may compete a maximum of two (2) heats. <ul style="list-style-type: none"> ○ 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) <p>Example/Clarification: Athlete Sierra may compete in Heat 1 and Heat 5. She may not compete in Heats 2 and 3.</p>

TABLE OF ELEMENTS

Running Tumbling Passes			
Levels 3-5			
7.00-7.95 Start Value Passes			
Pass	Value	Pass	Value
RO BHS BHS	7.00	FB RO BHS BHS	7.05
FHS RO BHS	7.00	FT RO	7.30
FB RO BHS	7.00	FT RO BHS	7.35
FHS RO BHS BHS	7.05		
8.00-8.45 Start Value Passes			
Pass	Value	Pass	Value
RO BHS BT	8.00	RO BL	8.20
RO BT	8.00	FHS RO BHS BL	8.25
FHS FT	8.00	RO WH BHS BT	8.30
RO WH BHS BHS	8.00	FT RO BT	8.30
FHS RO BT	8.05	FT RO BHS BT	8.30
FHS RO BHS BT	8.05	FHS FT RO BHS BT	8.40
RO BHS BL	8.20		
8.50-8.95 Start Value Passes			
Pass	Value	Pass	Value
FHS RO BHS BL180	8.50	FHS RO WH BL	8.55
FT RO BHS BL	8.50	FHS FT RO BHS BL	8.60
RO BHS BL180	8.50	RO WH BT	8.70
RO BL180	8.50	RO BHS WH BT	8.70
FT RO BL	8.50	FT RO WH BT	8.80
FHS FB FT	8.50	RO WH BL	8.90
9.00-9.45 Start Value Passes			
Pass	Value	Pass	Value
RO AT RO BHS BT	9.00	FT RO AT RO BT	9.20
RO AT RO BT	9.00	RO WH BHS BL360	9.30
RO BHS BL360	9.00	RO WH AT RO BT	9.30
RO BL360	9.00	RO AT RO BL180	9.30
RO AL RO BHS BT	9.00	RO AT RO BHS BL180	9.30
RO AL RO BT	9.00	RO AT RO BHS BL360	9.40
FT RO WH BL	9.00	RO WH AT RO BL	9.40
FT RO BL180	9.00	RO BT180 RO BHS BL360	9.40
FHS RO BHS BL360	9.05	FT RO AT RO BL	9.40
RO WH WH BHS BL180	9.10	FHS RO AT RO BL360	9.45
RO AT RO BL	9.15	RO AT RO BHS BL360	9.45
RO AT RO BHS BL	9.20	RO AL RO BHS BL360	9.45
RO AL RO BHS BL	9.20	RO AT RO BL360	9.45
FHS FT RO BL180	9.20	RO AT RO BHS BL360	9.45
RO WH BL180	9.20		

9.50-9.90 Start Value Passes			
Pass	Value	Pass	Value
FT RO BHS 360	9.50	RO WH BHS BL540	9.80
FHS FT RO BHS BL360	9.50	RO AT RO WH BL360	9.80
FT RO BL360	9.50	RO AT RO BHS BL540	9.85
FHS FT RO BHS BL360	9.55	RO BL540 RO BT	9.85
RO AT RO WH BL360	9.65	RO BHS BL540 RO BT	9.85
RO BHS BL540	9.50	RO AT RO BHS BL540	9.90
RO BL540	9.50	RO WH WH BL360	9.90
FHS RO BHS BL540	9.50	RO AT RO BL540	9.90
RO BHS WH BL360	9.50	FT RO WH BL360	9.90
RO WH BL360	9.50		
RO BHS W360 BT	9.70		
RO WH WH BHS BL360	9.70		
FHS FT RO WH BL360	9.70		
FT FT RO BHS BL360	9.75		
FHS RO BHS BL540	9.50		
RO WH BHS BHS BL540	9.80		
9.95-10.0 Start Value Passes			
Pass	Value	Pass	Value
RO AL RO BHS BL540	9.95	RO BL540 RO BL360	10.00
FHS FT RO BHS BL540	9.95	RO BHS BL540 FHS FT	10.00
FT RO BHS BL540	9.95	FT FHS FT RO BL360	10.00
FT RO BL540	9.95	FT RO BL540 RO BL360	10.00
RO BL540 FHS FT	9.95	RO BHS BL540 FT	10.00
RO W360 BHS BHS BL540	10.00	RO BHS WH BL540	10.00
RO W360 BHS BL540	10.00	RO WH BL540	10.00
RO BHS W360 BHS BL540	10.00	FT FT RO BHS BL540	10.00
RO BHS BL540 RO BL360	10.00	RO WH WH WH BL360	10.00
RO BL540 RO BHS BL360	10.00	FHS FT RO WH BL360	10.00
FT RO WH WH BL360	10.00		

TEAM EVENT (Levels 1-5)

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 – 25.0

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.

Special Requirement 5: Dance

1. Dance Composition & Artistry – Fifty percent (50%) of the team must perform a minimum of two (2) 8-counts of dance.

LEVELS 3-5 REQUIREMENTS

TEAM EVENT – LEVELS 3-5	
Event Requirements	The following provides specific requirements by skill area.
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 3 – 9.4 / Level 4 – 18.8 / Level 5 – 20.0		Neutral Penalty Applied
1.	<p>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.</p> <ul style="list-style-type: none"> 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.	<p>Level 3: 14 Acro Elements Levels 4 & 5: 20 Acro Elements</p>	
2.	<p>Level 3: 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. Levels 4 & 5: 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.</p> <p>a. If your team exceeds the required 14 (Level 3)/20 (Levels 4 & 5) acro element, count the highest scoring elements on the Tariff form. The remaining elements competed will be eligible for execution deductions.</p>	
3.	<p>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/dance/non-value skill may not be placed between or on the same panels of the synchronized groups.</p> <p>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.</p>	
4.	<p>In non-synchronized Acro segments - athletes/groups are NOT required all to be facing the same direction.</p>	

Special Requirement 2: Pyramid		
Points Possible: Level 3 – 9.5 / Level 4 – 19.4 / Level 5 – 20.0		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		
<p>1. Level 3: 2 Pyramids Levels 4 & 5: 4 Pyramids</p> <p>2. Levels 4 & 5: A minimum of one Pyramid segment must include a synchronized sequence in which at least 2 groups are synchronized and identical.</p> <p>a. To be identical, synchronized pyramids must have the same structure, entry, and dismount.</p> <p>3. 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/dance/non-value skill may not be placed between or on the same panels of the synchronized groups.</p> <p>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.</p> <p>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).</p> <p>4. In non-synchronized Pyramid segments - athletes/groups are NOT required to be facing the same direction.</p>		
Special Requirement 3: Toss		
Points Possible: Level 3 – 9.4 / Level 4 – 18.8 / Level 5 – 20.0		Neutral Penalty Applied
1.	Repetition Rule - Each toss performed in Team Event must be different, unless the tosses are synchronized.	Repetition Violation
Special Requirements		
<p>1. Level 3: 2 Tosses Levels 4 & 5: 4 Tosses</p> <p>2. A minimum of one Toss segment must include a synchronized sequence in which 2 groups are synchronized and identical.</p> <p>a. All toss groups must be comprised of 4 bases.</p> <p>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/sequence/dance/non-value skill may not be placed between or on the same panels of the synchronized groups.</p> <p>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.</p> <p>b. Teams are permitted to perform 4 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).</p>		

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 3 – 8.2 / Level 4 – 9.0 / Level 5 – 10.0

Neutral Penalty
Applied

1.	Repetition Rule:	<ul style="list-style-type: none"> • No repetition rule applies in Standing Tumbling. • Athletes may perform more than one (1) pass. 	Not Applicable
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Special Requirements

1. **Level 3: 8 total passes**
Levels 4 & 5: 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 3 – 8.2 / Level 4 – 9.0 / Level 5 – 10.0		Neutral Penalty Applied
1.	Repetition Rule: <ul style="list-style-type: none"> No repetition rule applies in running tumbling. Athletes may perform more than one (1) pass. 	Not Applicable
Special Requirements		
1.	Level 3: 8 total passes Levels 4 & 5: 10 total passes	
2.	4 passes must be synchronized. <ol style="list-style-type: none"> Running tumbling passes may be synchronized in groups of two or more. 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). <ol style="list-style-type: none"> 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. <ol style="list-style-type: none"> 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: Level 3 – 5.0 / Level 4 – 10.0 / Level 5 – 10.0		
Special Requirements		
1.	Dance Composition & Artistry – Fifty percent (50%) of the team must perform a minimum of two (2) 8-counts of dance.	

STANDING TUMBLING TABLE OF ELEMENTS (Levels 3-5)

Standing Tumbling Passes					
Levels 3-5					
7.00-7.95 Start Value Passes					
Pass	Value	Pass	Value	Pass	Value
BHS	7.00	CW BHS	7.10	ACW BHS	7.90
SJ BHS	7.05	BHS BHS BHS	7.20		
BHS BHS	7.10	CW BHS BHS	7.20		
8.00-8.95 Start Value Passes					
Pass	Value	Pass	Value	Pass	Value
CW BHS BHS BT	8.30	SJ BHS BT	8.55	BT BHS BHS BT	8.75
BHS BHS BHS BT	8.35	BHS BHS BHS BL	8.55	CW BT BHS BT	8.75
BT	8.40	BHS BHS BL	8.60	ACW BHS BT	8.80
CW BHS BT	8.40	BHS BL	8.60	SJ BHS BT BHS BT	8.80
BHS BHS BT	8.40	CW BT BHS BHS BT	8.65	SJ BT BHS BHS BT	8.80
SJ BT	8.45	SJ BHS BHS BL	8.65	SJ SJ BT BHS BHS BT	8.85
SJ BHS BHS BT	8.45	CW BL	8.70	CW BT BT	8.85
BHS BT	8.50	SJ SJ BHS BHS BL	8.70	BT BHS BHS BHS BL	8.90
CW BT	8.50	BT BHS BHS BHS BT	8.70	BT BHS BHS BL	8.95
SJ SJ BT	8.50	ACW BHS BHS BT	8.70	SJ SJ BT BHS BT	8.95
SJ SJ BHS BHS BT	8.50	SJ BHS BL	8.75		
9.00-9.95 Start Value Passes					
Pass	Value	Pass	Value	Pass	Value
SJ BT BHS BHS BL	9.00	SJ BT BT	9.30	BHS BHS BL360	9.70
SJ SJ BT BHS BHS BL	9.05	ACW BT	9.30	CW BL360	9.70
ACW BT BHS BHS BT	9.05	SJ SJ BT BT	9.35	BT360	9.80
SJ SJ SJ BT BHS BHS BL	9.10	ACW BL	9.50	SJ BHS BHS BL360	9.80
CW BT BT BT	9.10	CW BHS BHS BL360	9.50	CW BT BHS BHS BHS BL360	9.85
SJ SJ BT BHS BL	9.15	BHS BHS BHS BL360	9.55	BHS BL360	9.90
ACW BT BHS BT	9.15	BT BT BT	9.55	SJ SJ BHS BHS BL360	9.90
BT BT	9.25	ACW BT BT	9.60		
ACW BT BHS BHS BL	9.25	CW BT360	9.60		
10.0 Start Value Passes					
Pass	Value	Pass	Value	Pass	Value
SJ BHS BL360	10.00	ACW BT360	10.00	BT360 BT	10.00
CW BT BHS BHS BL360	10.00	ACW BT BHS BHS BL360	10.00	BT BT360	10.00
CW BHS BHS BL540	10.00	CW BL540	10.00	CW BT BHS BHS BHS BL540	10.00
BHS BHS BHS BL540	10.00	BT540	10.00	BHS BL540	10.00
BHS BHS BL540	10.00	SJ BHS BHS BL540	10.00	SJ SJ BHS BHS BL540	10.00
BT BHS BHS BHS BL360	10.00	CW BT BHS BL360	10.00	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 - Athletes not actively competing in the current heat or team event within 3 feet of the competition floor	-0.10/per occurrence -0.10/per occurrence 1 st infraction = Verbal warning; 2 nd + infraction = -0.50/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.	-1.0/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 Handstand		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 backward.		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		
Tumbling Abbreviation Key					
Back Elements	Abbreviation	Front Elements	Abbreviation	Other Elements	Abbreviation
Back Handspring	BHS	Front Handspring	FHS	Straddle Jump	SJ
Whip Back	WH	Front Bounder	FB	Cartwheel	CW
Whip Back 360°	W360	Front Tuck	FT	Roundoff	RO
Back Tuck	BT	Front Layout	FL	Aerial Cartwheel	ACW
Back Tuck 180°	BT180	Arabian Elements	Abbreviation	Step Out	(S/O)
Back Layout	BL	Arabian Tuck	AT		
Back Layout 180°	BL180	Arabian Layout	AL		
Back Tuck 360°	BT360				
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.
- **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.
- **Competition Floor** – The competition floor is the entire carpeted area, boundary to boundary, not only the 40' x 40' competition area.
- **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 6 crossover athletes on your roster. Age requirements apply.
- **Dismount** – Movement from an Acro or Pyramid to the bases or the performing surface. Can be forward or backward.
- **Element** – In the Acro Event, it is defined as a starting position, a core skill, and a landing position. 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. Extend the 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 initiated from 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 or skill 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 base is 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.

- **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 is performed.
- **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 a dismount 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.
- **Press Down** – Top athlete begins in a handstand position and slowly rolls the body down into a vertical 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 or piked.
- **Primary Base** – In an Acro or pyramid, the base that has the majority of the top's weight and maintains contact with the ground.
- **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.