REVISED 2/6/2024

V7.5



CODE OF POINTS

MID-SEASON ERRATA RELEASED 2/6/24 – Important! Read Carefully!!

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MID-SEASON ERRATA RELEASED 2/6/24 - Important! Read Carefully!!

Errata Released 2/6/24

The NATL has been receiving a host of questions from coaches over the last few weeks seeking clarification on certain rules and skills as we approach the start of The NATL Competitive Season. Additionally, with the completion of the 23-24 TAAF A&T Season last weekend, we have the opportunity to tweak some of the rules based on feedback and observations gathered throughout the TAAF lineup of events. We are so appreciative of our association with TAAF and the prooving ground they provide for our ruleset each season.

The following contains rules clarifications and adjusments. Rules changes take effect on 2/6/24 for all meets moving forward, however they will not be enforced with penalties or deductions until 2/12/24. Educational warnings will be utilized at the Spring Fling and Sweetheart Invitationals tohelp coaches get up to speed before PowerUP!.

RULES AMENDMENTS for ALL DIVISION:

1. TEAM ROUTINE SKILL DIFFICULTY METRICS: When determining whether a skill is Level Appropriate ("LevAp") or Bonus, you may only "GO UP" on the skill chart and may not "GO DOWN" to source skills for your routine. Meaning, a "LevAp" skill for a given division may be considered a Bonus for the level below; however a Bonus Skill for the lower level cannot be used as a "LevAp" skill for the higher level unless that skill is specifically listed in both categories on the skill chart.

EXAMPLE: Junior LevAp can be used as Youth Bonus / Youth Bonus cannot be used as Junior Level Appropriate.

2. Reminder that Dances are REQUIRED to consist of two contiguous 8-counts of synchronized or coordinated dance choreography. Failure to do so will result in a voided dance score. This will be enforced during the NATL season.

3. 1-1 Bonus Acros in Team Routine must be built from the ground to the final position with no assistance from another base. This includes in transitional stunts. Meaning a group stunt using multiple bases, when transitioning to a 1-1 stunt, must first touch the ground before executing the 1-1 and all assists must vacate contact before the 1-1 is built.

MINI NOVICE

1. Clarification: GROUND STRADDLE BONUS - for Mini Novice MAY NOT use an assist in any phase of the skill.

2. Clarification: GROUND INVERT - may use an assist on the waste/hips of the flyer for safety. The assist may not hold the legs for the flyer; doing so would incur a technical deduction.

3. Clarification: Tophy Drill Toss - Trophy drills must be executed on a basket grip. A Show'n'go in a 2 foot sponge does not qualify.

YOUTH EXCEL

1. **Clarification: 2-1-1 Dangle Pyramid** - The loaders maintaining contact and support throughout the pyramid constitutes "Level Appropriate." Releasing the flyer fully to the Midlayer Base during the hold phase is considered Bonus for Youth.

2. Clarification: 2-2-1 Iron Pike Pyramid - To receive the Bonus release, the backspot load must demonstrate the release visually BEFORE the flyer begins executing the body positions.

JUNIOR ELITE

1. **NEW - Compulsory Acro - Dangle Straddle** - The Bonus will now be a true 1-1 in all phases of the skill, no assists may be used in any phase of the build or dismount to achieve the Bonus.

2. Clarification: 2-1-1 Dangle Straddle Pyramid - the load phase must originate with the flyer in contact with the ground and build to the top in one fluid motion. Stopping in sponge or prep is not level appropriate for Junior. The build must be "Ground Up."

3. Clarification: 2-1-1 Dangle Straddle Pyramid - The load may originate from the front, side, or back of the structure as long as it is "Ground Up." Doing a 180 from the front/side, or straight up from the side/back is valued the same.

4. Clarification: 2-1-1 Dangle Straddle Pyramid - The 360 Dismount Bonus must land directly in front of the Midlayer Base/Structure. Landing "Off-Center" from the structure will result in a technical deduction.

COP ARTICLE I. Execution & Deduction Systems & Tables

Section 1.01 Execution Tables

EXECUTION SCORE		
	A team's execution will be determined by all athletes performing a skill	
	Scores will start at a 4.0 and may be reduced by .1, .2 or .3 based on errors in the technical execution of each of the drivers below.	
	1 - Minor technical issues by the team	
4.0	- .2 - Multiple technique issues by the team.	
	3 - Widespread technique issues by the team	
	No more than .3 will be taken off for a single driver.	
	Stylistic differences will not factor into a team's Execution scores.	

	ACRO/STUNTS & PYRAMID SCORE DRIVERS Each driver may include, but is not limited to, the examples below:		
Top / Flyer	Body control and position Body position uniformity Motion Placement Legs/arms locked and toes pointed Balance checks		
Bases/Spotters	Stability and control Solid stance and proper foot position Stationary / Core straight and locked out Assists only when mandated and within skill specific guidelines		
Transitions	Entries: clean, concise and stable Dismounts: clean, concise and stable Speed/control/flow from skill to skill		
Sync	Timing		

_	ING SCORE DRIVERS le, but is not limited to, the examples below:
Approach	Arm placement into pass/skill/element Proper swing, prep, set positions Flow from skill to skill in a pass Consistent or increases speed through pass
Body Control & Position	Chest and head placement Arm placement Pointed toes Extended and straight body lines
Landings	Control and stability (no steps or bobbles) Legs/Feet together Chest placement Complete/incomplete rotations and twists
Sync	Timing

NOTES

>Execution scores and technical deductions in Compulsory Events

>Execution scores and technical deductions in Team Routine will be assesed based on overall team and small group execution (i.e. sync

will be assesed on each individual athlete.

tumbling groups, acro/stunt groups, etc.)

Each d	TOSS SCORE DRIVERS Each driver may include, but is not limited to, the examples below:	
Top / Flyer	Body control and position Consistent execution of skill/element Arm Placement Legs/arms locked and toes pointed	
Bases/Spotters	Synergy and timing between arms and legs throwing together Stability and control Solid stance and proper foot position (no more than shoulder width) Stationary Core straight and locked out Arms up to catch high Absorb catch with legs	
Sync	Timing	
Height	Relative to the size of the athletes performing the toss	

	JUMP SCORE DRIVERS (included as part of Standing Tumbling)		
Arm Placement	Approach Consistent entry Swing/prep Arm position within jump(s)		
Leg Placement	Straight legs Pointed toes Hip placement/rotation Height relative to level with floor		
Sync	Timing		
Landings	Legs/feet together Control and stability (no steps or bobbles)		
Connection	Flow of connection to tumbling skills		

Section 1.02 Head Judge Deductions

			HEAD JUDGE DEDUCTION TABLE	
		TE	ECHNICAL DEDUCTION TABLE	
		These are taken as technical deduction	ons by each judge and averaged into the final technical deduction for each c	ategory.
INFRACTION	DEDUCTION	DESCRIPTION	THIS INCLUDES:	THIS DOES NOT INCLUDE:
Athlete Fall	- 0.5	Drops or falls to the performance surface during tumbling and/or jump skills.	> Hand, hands, head down in tumbling or jump skills > Knee or knees down in tumbling or jumps	> An athlete that trips while walking during a transition
Building Bobble	- 0.3	Acro/Stunt or Pyramid skills that almost drop but are saved	 One (1) Base or Spotter drops to the performance surface during a building skill Top person sits back onto the base/spotter and is pushed back up Juintentional lowering of a stunt i.e. extended to prep level (not timing issues) Pyramid skills that would fall without extra bracing Both feet of the top/flyer contact the ground during a cradle (excludes 1 foot) Step down to performance surface from a waist or below stunt (not timing issues) 	> Balance check by top person > An omitted skill > Drop in body position by top/flyer > Excessive base movement
Building Fall	- 0.5	Drops or falls from a building or transition skill during an Acro/Stunt or Pyramid	> Drops to a cradle, load or prone position	 Single based partner stunts that drop to a coed load position Dropping from extended to prep level
Major Building Fall	- 1.0	Drops to the performance surface from an Acro/Stunt, Pyramid or Toss by the Top/Flyer and/or the Bases/Spotters	> Multiple bases and/or spotters drop to the performance surface > Top/flyer lands on base and/or spotter who drops to the performance surface > Single based partner stunts where the top/flyer lands on the performance surface without assistance from bases/spotters.	> Single based partner stunts that drop to a partner load position > Dropping from extended to prep level
			RULE INFRACTIONS	
		These are taken as rule violation	deductions by the Head Judge only and deducted from the team's overall so	ore.
INFRACTION	DEDUCTION	DESCRIPTION	THIS INCLUDES:	THIS DOES NOT INCLUDE:
Boundary Infraction	- 0.1	Athletes are required to stay within the specified boundary line. Teams may be subject to a deduction if it is deemed an athlete intentionally passes to the other side of the boundary line.	> An athlete that intentionally walks past the boundary line with both feet. > An athlete that starts a tumbling pass outside the boundary line.	> An athlete that accidentally steps out of bounds with one or both fe at the end of a tumbling pass or while transitioning. >Stepping on the line does not incur a deduction. Must contact the flooring on the other side of the boundary line to be considered "out bounds."
Team Routine Time Limit Violation	- 0.5	Teams that exceed the allotted time in team routine by 1 or more seconds are subject to a this deduction.	Team Routine Time Limits: Mini & Youth: 2:00 Junior & Senior: 2:30	A deduction will not be issued until the stopwatch shows a time that exceeds three (3) seconds over the allotted time to account for any potential variances in human reaction or sound system variations.
Music Content	- 0.5	Any questionable or inappropriate music content is subject to this deduction. At the descretion of the meet director. > Rule of thumb if it is at all questionable don't use it.	> This includes prohibited elements such as custom voice overs used outside the opening 10 seconds, overuse of sound effects, etc. >Consult R&P Section 10.05.1 Music Guidelines for details.	
Coach Intervention	-0.3	Illegal contact or the assisting of builds or physically spotting tumbling in compulsories or team routine.	> Physically spotting a tumbling pass. > Intervening in a bobbling or falling stunt to keep it in the air.	Catching a falling stunt while safety spotting.
			LEGALITY VIOLATIONS	
These are taken as legality violation deductions by the Head Judge only and deducted from the team's overall score.				
		DESCRIPTION	THIS INCLUDES:	THIS DOES NOT INCLUDE:
INFRACTION	DEDUCTION	DESCRIPTION		
INFRACTION Tumbling Out of Level	- 1.0	DESCRIPTION Teams are resitricted to tumbling passes and skills listed as Level Appropriate or Bonus on the Skill Level Chart corresponding to their division. (COP Section 4.04)	Consult the Skill Level Chart	Consult the Skill Level Chart

Out of Level		their division. (COP Section 4.04)		
Building Out of Level	- 1.0	Teams are resitricted to Acro/Stunts, Pyramids and Tosses listed as Level Appropriate or Bonus on the Skill Level Chart corresponding to their division. (COP ARTICLE IV)	Consult the Skill Level Chart	Consult the Skill Level Chart
Building Safety Violation	- 1.0	> If a skill is performed illegally and appears to be inherently dangerous and/or unsafe - regardless of the number of building groups. >If a skill is missing the number of athletes required to perform that skill legally.	> Not having the number of required catchers for a toss or cradle.	
OMISSION DEDUCTIONS				
	These are taken as legality violation deductions by the Head Judge only and deducted from the team's overall score.			

		These are taken as legality violation deductions by the Head Judge only and deducted from the team's overall score.			
	INFRACTION	DEDUCTION	DESCRIPTION	THIS INCLUDES:	THIS DOES NOT INCLUDE:
ACRO	Acro Omission	-1.25		> Each Acro Event has 4 stunts/acro elements performed by 2 groups. If one of those groups only attempts 3 of those elements the team would receive a - 1.25 deduction.	
TOSS	Toss Omission	- 2.5		> Each Toss Event has 2 Toss Elements performed by 2 groups. If each of those groups olny executes 1 toss each, that would be a - 5.0 deduction total.	
PYRAMID	Pyramid Omission	- 2.5	> Deduction is - 2.5 per group for each pyramid element omitted.		
DN	Skill Omission	- 0.3	> Deduction is - 0.3 for not completing a pass or leaving off a skill at the end of a pass	> 2/3 of pass must be thrown to qualify. For example on a "RO 2 BHS" "RO 1 BHS" is a Skill Omission "RO" only is a pass omission. > The Standing Tumbling compulsory is considered 3 passes, not 3 skills.	
TUMBLING	Pass Omission	- 0.5	> Deduction is - 0.5 for each pass an athlete skips completely.		> A tumbler that begins the pass but balks on the last skill of the pass. 2/3 of pass must be executed to be considered a Skill Omission instead of a Pass Omission. i.e. RO BHS stop instead of RO BHS Tuck. "RO Stop" only is ony 1/3 of the pass, so this would be a Pass Omission, not a skill omission.
DANCE	Dance Omission		>Deduction is -2.0 for less than two 8-counts of choregraphed syncrhonized dance by at least half of the team.		

COP ARTICLE II. Scoring Rubrics for Team Routine - Mini Novice & Youth Excel

Section 2.01 Acro / Stunt Quantity & Difficulty Scoring Rubrics

Mini/Y	th Acro / Stunt Quantity	
1.0	Less than MAJORITY of the team performs a level appropriate building skill.	
1.2	MAJORITY of the team performs a level appropriate building skill.	
1.4	Less than MAJORITY of the team performs the same Bonus Level skill.	Ī
1.6	MOST of the team performs a level appropriate building skill.	ſ
1.8	MAJORITY of the team performs the same Bonus Level skill.	_
2.0	MOST of the team performs the same Bonus Level skill.	

Mel/Yeb Acro / Stunt Quantity Chart				
Team	# of G	roups	# of Part	tner Pairs
Size	MAJORITY	MOST	MAJORITY	MOST
8 - 11	1	2	2	3
12 - 15	2	3	3	4
16 - 20	3	4	4	5

Mini/Y	Mini/Yth Acro / Stunt Difficulty		Mini/Yth NOTES:
2.5	BELOW	Skills performed do not meet the LOW range requirement.	The Acro / Stunt Quantity score is determined by highest level skill and the quantity of the team executing it. Must only be achieved once in the routine. Only the highest
3.0	LOW	Two (2) different level appropriate elements performed by MAJORITY of the team, including one that must be a compulsory element.	score is used, the other scores are dropped. Skills are categorized as "Group Stunts" or "Partner Stunts." Be sure to use the proper
3.5	TARGET	Two (2) different level appropriate elements performed by MOST of the team, including one that must be a compulsory element.	 category for a skill when determining which quantity number applies. Group Stunts that receive a "Partner Bonus" are still considered Group Stunts when determining quantity. Bonus Skills are those marked as "Bonus" on the skill tree for a given level or any level
4.0	BONUS	Two (2) different level appropriate elements performed by MOST of the team, including one that must be a compulsory skill AND one that must be a Bonus Level skill.	appropriate skills from one age division up. (i.e. a non-bonus skills from Senior Prestige are considered bonus skills for Junior Elite.)

Section 2.02 Pyramid Difficulty Rubric

Mini/Yt	h	Pyramid Difficulty
2.0	Min.	Level Appropriate Skills performed do not meet the BELOW range requirement.
2.5	BELOW	Build MAJORITY Quantity Structures including at least ONE (1) Compulsory Element.
3.0	LOW	Build MOST Quantity Structures including at least ONE (1) Compulsory Element.
3.5	TARGET	Build MOST Quantity Structures <u>including</u> TWO (2) different level appropriate "Elements" with at least ONE (1) that is a compulsory skill.
4.0	BONUS	Build MOST Quantity Structures including TWO (2) different level appropriate "Elements" with at least ONE (1) that is a compulsory skill and one that is a Bonus Element.

Pyrami	d Quantity	y Chart	Mini/Yth NOTES:
# of Total Structures			
Team Size	MAJORITY	MOST	Pyramid Quantity is based on the number of total structures executed. "Elements" are the type of structures executed.
8 - 16	1	2	One of Element A One of Element A + One of Element B + = 2 Struc & 2 Elements = 3 Struc & 2 Elements
17-20	2	3	

Section 2.03 Toss Difficulty Rubric

Mini/Y	th	Toss Difficulty		Toss Quantity Chart		Mini/Yth NOTES:
2.0	Min.	Min. Skills performed do not meet the BELOW range requirement.		# of Groups		* Sync not required, cumulative is accepted.
2.5	BELOW	MAJORITY of the team performs a synchronized compulsory toss.		** For Bonus Category - When attempting to use a Bonus Element to acheive your group sync compulsory requirement, all		
3.0	LOW	MOST of the team performs a synchronized compulsory toss.	of the team performs a synchronized compulsory toss. 8 - 11 1		1	groups necessary to achieve the compulsory toss at the desired quantity range must execute the same bonus (or non-bonus) version of the toss together.
3.5	TARGET	MOST of the team performs synchronized compulsory toss 12 - 15 1 plus a different level appropriate toss(es) performed by MAJORITY*. 16 - 20 2 most of the team performs a synchronized compulsory toss element 16 - 20 2 including one (1) Bonus Level Element performed by at least LESS THAN MAJORITY.** 16		2	Otherwise, you may achieve the Bonus Category with as few as one group executing the Bonus Level Element as part of your sync or cumulative "extra" toss(es) that are required for the TARGET and	
4.0	BONUS			2	3	BONUS scoring categories.

Section 2.04 Standing & Running Tumbling Difficulty Rubrics

Mini/	Yth	Standing Tumbling Difficulty	Mini/Yth NOTES:	Ти	mbling Quantity	Chart
2.0	BASE	Skills performed do not meet the BELOW range requirement.	For Standing Tumbling, "Less Than MAJORITY" means any number of athletes	Team #	Majority	Most
			under MAJORITY. One (1) athlete is enough to meet this criteria.	4	2	3
2.5	BELOW	MAJORITY of the team performs a level appropriate pass.		5	2	3
				6	3	4
3.0	LOW	MAJORITY of team performs the same synchronized compulsory skill, <u>plus</u> Less than MAJORITY of team performs a different level appropriate skill.		7	4	5
				8	5	6
3.5	TARGET	MOST of the team performs the same synchronized compulsory skill,		9	5	6
		plus a MAJORITY of the team performs a different level appropriate skill.		10	6	7
		MOST of the team performs the same synchronized compulsory skill,		11	6	7
4.0	BONUS	plus a MAJORITY of the team performs additional level appropriate skills including a bonus level skill executed by Less than MAJORITY.		12	7	8
				13	7	9
				14	8	9
				15	8	10
11:00://		Pupping Tumpling Difficulty				

Mini/Yt	:h	Running Tumbling Difficulty	Mini/Yth NOTES:
2.0	BASE	Skills performed do not meet the BELOW range requirement.	* Counts as 3 passes towards quantity
2.5	BELOW	Less than a MAJORITY of the team performs a synchronized, level appropriate pass.	** The trio pass may count towards bo requirements at once if it is bonus.
3.0	LOW	MAJORITY of the team performs the same synchronized compulsory pass <u>plus</u> Less than MAJORITY of team performs additional level appropriate passes <u>including</u> one (1) trio pass.*	No other skills may be executed during Trio Pass. These passes should be highlighted in the routine.
3.5	TARGET	MAJORITY of the team performs the same synchronized compulsory pass, plus a MAJORITY of the team performs additional level apprioriate passes including one (1) trio pass. *	MAJORITY" means any number of athle under MAJORITY. One (1) athlete is enc to meet this criteria.
4.0	BONUS	MOST of the team performs the same synchronized compulsory pass, plus a MAJORITY of the team performs additional level apprioriate passes including one (1) trio pass [*] and one (1) bonus level pass. **	

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letes nough

Team #	Majority	Most
4	2	3
5	2	3
6	3	4
7	4	5
8	5	6
9	5	6
10	6	7
11	6	7
12	7	8
13	7	9
14	8	9
15	8	10
16	9	11
17	9	11
18	10	12
19	10	13
20	11	13
21	11	13
22	12	13
23	12	13
24	12	13

- > Each team enters the Team Routine with 2.0 points available in each of the following categories:
 - <u>Composition</u> score based on how efficient and effective a routine is a demonstrating a team's skills creatively while making it easy and accessible for the judges to see and score.
 - <u>Cleanliness / Sync</u> score based on how "clean" and "sharp" a team and its individual members execute their skills and choreography while maintaining overall synchronization and timing.
 - <u>Dance</u> score based on the creativity and crowd appeal of the dance choreography while highlighting the projection and showmanship of the performers.
 - <u>Showmanship</u> score based on the showmanship and "performance" of the athletes in the
- The Performance Judge takes deductions ranging from -0.1 to -0.3 for performance errors in each of these areas throughout the routine.

COP ARTICLE III. SCORING RUBRICS FOR TEAM ROUTINE - Junior Elite & Senior Prestige

Section 3.01 Acro / Stunt Quantity and Difficulty

JR/SR	Acro / Stunt Quantity	JR/SR A	cro / Stu	nt Quan	tity Chart	:
1.0	Less than MAJORITY of the team performs a level appropriate building skill.	Team	# of Groups		# of Partner Pairs	
1.0	Less than we born if of the team performs a level appropriate building skill.	Size	MAJORITY	MOST	MAJORITY	MOST
1.2	MAJORITY of the team performs a level appropriate building skill.	8 - 11	1	2	2	3
1.4	Less than MAJORITY of the team performs the same Bonus Level skill.	12 - 15	2	3	3	4
1.6	MOST of the team performs a level appropriate building skill.	16 - 19	3	4	4	5
1.8	MAJORITY of the team performs the same Bonus Level skill.	20 - 24	3	4	5	6
2.0	MOST of the team performs the same Bonus Level skill.					

JR/SR		Acro / Stunt Difficulty	JR/SR NOTES:
2.5	BELOW	Skills performed do not meet the LOW range requirement.	The Acro / Stunt Quantity score is determined by highest level skill and the quantity of the team executing it. Must only be achieved once in the routine. Only the highest score is
3.0	LOW	Three (3) different level appropriate elements performed by MAJORITY of the team, including one that must be a compulsory element.	used, the other scores are dropped. Skills are categorized as "Group Stunts" or "Partner Stunts." Be sure to use the proper
3.5	TARGET	Three (3) different level appropriate elements performed by MOST of the team, including one that must be a compulsory element.	category for a skill when determining which quantity number applies. Group Stunts that receive a "Partner Bonus" are still considered Group Stunts when determining quantity.
4.0	BONUS	Three (3) different level appropriate elements performed by MOST of the team, including one that must be a compulsory skill AND one that must be a Bonus Level skill.	 Bonus Skills are those marked as "Bonus" on the skill tree for a given level or any level appropriate skills from one age division up. (i.e. a non-bonus skills from Senior Prestige are considered bonus skills for Junior Elite.)

Section 3.02 Pyramid Difficulty

JR/SR		Pyramid Difficulty						
2.0	Min.	Level Appropriate Skills performed do not meet the BELOW range requirement.						
2.5	BELOW	Build MAJORITY Quantity Structures including at least ONE (1) Compulsory Element.						
3.0	LOW	Build MOST Quantity Structures including at least ONE (1) Compulsory Element.						
3.5	TARGET	Build MOST Quantity Structures <u>including</u> TWO (2) different level appropriate "Elements" with at least ONE (1) that is a compulsory skill.						
4.0	BONUS	Build MOST Quantity Structures <u>including</u> TWO (2) different level appropriate "Elements" with at least ONE (1) that is a compulsory skill and one that is a Bonus Element.						

Pyramic	Quantity	Chart	JR/SR NOTES:
# of 1	otal Struct	ures	Pyramid Quantity is based on the total number of "Structures"
Team Size	MAJORITY	MOST	built regardless of the "Elements" executed. "Elements" are the type(s) of structures executed.
8 - 16	1	2	One of Element A One of Element A <u>+ One of Element B</u> = 2 Struc & 2 Elements = 3 Struc & 2 Elements
17-24	2	3	

Section 3.03 Toss Difficulty

JR/SR		Toss Difficulty	Toss Q	uantity (Chart
2.0	Min.	Skills performed do not meet the BELOW range requirement.	Team	# of G	iroups
2.5	BELOW	MAJORITY of the team performs a synchronized compulsory toss.	Size	MAJORITY	MOST
3.0	LOW	MOST of the team performs a synchronized compulsory toss.	8 - 11	1	1
3.5	TARGET	MOST of the team performs synchronized compulsory toss plus a different level appropriate toss(es) performed by MAJORITY*.	12 - 15	1	2
4.0		MOST of the team performs a synchronized compulsory toss element <u>plus</u> a different level appropriate toss(es) performed by MAJORITY*	16 - 24	2	3
		including one (1) Bonus Level Element performed by at least LESS THAN MAJORITY.**			

JR/SR **NOTES:**

* Sync not required, cumulative is accepted.

** For Bonus Category - When attempting to use a Bonus Element to acheive your group sync compulsory requirement, all groups necessary to achieve the compulsory toss at the desired quantity range must execute the same bonus (or non-bonus) version of the toss together.

Otherwise, you may achieve the Bonus Category with as few as one group executing the Bonus Level Element as part of your sync or cumulative "extra" toss(es) that are required for the TARGET and BONUS scoring categories

Section 3.04 Standing & Running Tumbling Difficulty

JR/S	JR/SR Standing Tumbling Difficulty		
2.0	BASE	Skills performed do not meet the BELOW range requirement.	
2.5	BELOW	MAJORITY of the team performs a level appropriate pass.	
3.0	LOW	MAJORITY of team performs the same synchronized compulsory skill, plus Less than MAJORITY of team performs a different level appropriate skill.	
3.5	TARGET	MOST of the team performs the same synchronized compulsory skill, plus a MAJORITY of the team performs a different level appropriate skill.	
4.0	BONUS	MOST of the team performs the same synchronized compulsory skill, plus a MAJORITY of the team performs additional level appropriate skills including a bonus level skill executed by Less than MAJORITY.	

JR/SR NOTES:	
For Standing Tumbling, "Less Than MAJORITY" means any number of athletes under MAJORITY. One (1) athlete is enough to meet this criteria.	

MOST

Tumbl	Tumbling Quantity Chart					
Team #	Majority	Most				
4	2	3				
5	2	3				
6	3	4				
7	4	5				
8	5	6				
9	5	6				
10	6	7				
11	6	7				
12	7	8				
13	7	9				
14	8	9				
15	8	10				
16	9	11				
17	9	11				
18	10	12				
19	10	13				
20	11	13				
21	11	13				
22	12	13				
23	12	13				
24	12	13				

JR/SR		Running Tumbling Difficulty
2.0	BASE	Skills performed do not meet the BELOW range requirement.
2.5	BELOW	Less than a MAJORITY of the team performs a synchronized, level appropriate pass.
3.0	LOW	MAJORITY of the team performs the same synchronized compulsory pass plus Less than MAJORITY of team performs additional level appropriate passes including one (1) trio pass. *
3.5	TARGET	MAJORITY of the team performs the same synchronized compulsory pass, plus a MAJORITY of the team performs additional level apprioriate passes including one (1) trio pass. *
4.0	BONUS	MOST of the team performs the same synchronized compulsory pass, <u>plus</u> a MAJORITY of the team performs additional level apprioriate passes <u>including</u> one (1) trio pass [*] and one (1) bonus level pass. ^{**}

R/SR NOTES:

ounts as 3 passes towards quantity.

The trio pass may count towards both irements at once if it is bonus.

other skills may be executed during the Pass. These passes should be highlighted ne routine.

Running Tumbling, "Less Than MAJORITY" ns any number of athletes under ORITY. One (1) athlete is enough to meet criteria.

Section 3.05 Team Routine Performance Scores

- > Each team enters the Team Routine with 2.0 points available in each of the following categories:
 - <u>Composition</u> score based on how efficient and effective a routine is at demonstrating a team's skills creatively while making it easy and accessible for the judges to see and score.
 - <u>Cleanliness / Sync</u> score based on how "clean" and "sharp" a team and its individual members execute their skills and choreography while maintaining overall synchronization and timing.
 - <u>Dance</u> score based on the creativity and crowd appeal of the dance choreography while highlighting the projection and showmanship of the performers.
 - <u>Showmanship</u> score based on the showmanship and "performance" of the athletes in the
- The Performance Judge takes deductions ranging from -0.1 to -0.3 for performance errors in each of these areas throughout the routine.

COP ARTICLE IV. Level Values for Skills & Elements

These lists are frequently updated as new skills are submitted. Consult the Auto-Tariff Documents for the most updated versions. Submit videos of new skills or any not listed below to have their level determined and added. (Send to Info@TheNATL.com)

NOTE: For any given division, all skills from higher divisions are considered "Bonus" for that lower division. However, lower-level Bonus skills are NOT considered LevAp for a higher division.

Section 4.01	Acro /	/ Stunts	(Updated 2/6/24)
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	ACR	O / STUNT	
	LEVEL	APPROPRIATE	
MINI	<u>YOUTH</u>	JUNIOR	<u>SENIOR</u>
Acro Plank (Shoulder Level) Ground Invert Iron-T, Iron-Pike, Iron-Straddle Liberty - Thigh Stand Prep (2-foot load) Shoulder Sit Thigh Stand	Acro Plank - Extended (Press or Grd Up) Extension - Ground Up or Press (2-foot load) Group Thigh Handstand Liberty - Chest Level Partner Thigh Handstand (Assisted) Prep - (1 or 2 Foot Load) Shoulder Stand Shoulder Stand to Punk Move	Dangle (Assisted / Advanced Body Position*) Extension - Pitch Up (1-foot Load) Ground Up Punk Move Hand-in-Handstand - Chest Level Assisted Liberty - Ground Up or Press Extended	Dangle (1-1 / Advanced Body Position*) Dangle Straddle to Punk Move Hand-in-Handstand - Unassisted Chest Level Liberty - Extended Body Position Full Down Liberty - Prep-to-Extended TicTok (Low-to-High) Liberty - Switch-up to Chest Level Punk Move Release
	Half Up to Chest (2 Feet)	Half Up to Chest Lib (1 Foot) Half Up to Extended (2 Feet) Full-up to Chest Level (2 Feet)	Full-Up to Chest Lib (1 Foot) Full-up to Extended (2 Feet)
	VOUTU	BONUS	SENIOD
<u>MINI</u> Acro Plank - Press Extended Group Thigh Handstand Liberty - Chest Level Prep - Pitch Up (1-Foot Load) Prep - Press Extension Shoulder Stand	YOUTH Dangle (Assisted / Any Basic Body Position*) Dangle (Unassisted / No Position Hang*) Extension - Pitch Up (1-foot Load) Ground Up Punk Move Hand-In-Handstand - Chest Level Assisted Liberty - Press Extended Only 1-1 Partner Thigh Handstand (Unassisted)	JUNIOR Dangle (1-1 / Advanced Body Position*) Dangle to Punk Move Hand-in-Handstand - Unassisted Chest Level Liberty - Extended / Body Position Liberty - Prep-to-Extended TicTok (Low-to-High) Liberty - Switch-up Chest Level Punk Move Release 1/2 Up Punk Move	SENIOR Hand-in-Handstand - Extended (Any Entry) Liberty - Extended Body Position Full Down Liberty - Switch-up to Extended Liberty Dangle Straddle 1-1 to Punk Move Release
Half Up to Chest Level (2 Feet)	1-Foot Chest to 2-feet Extended Half Up to Chest Lib (1 Foot) Half Up to Extension (2 Feet) Full-up to Prep (2 Feet)	Full-Up to Chest Lib (1 Foot) Full-up to Extended (2 Feet)	Full-up to Extended (1 Foot)

	* NOTES *
Dangle Body Positions:	Key Legend & Definitions
No Position Hang = Legs Straight Down	"1-1" = One Base & One Flyer ONLY
Basic Body Positions = Tuck & Diamond	
Advanced Body Positions = Pike & Straddle	

	P۱	(RAMID	
	<u>LEVEL</u>	APPROPRIATE	
MINI	<u>YOUTH</u>	JUNIOR	<u>SENIOR</u>
Ground Handstand with Thigh Stand Support	2-2-1 Shoulder Sit Iron Pike Low Knee Platform Handstand 2-1-1 Dangle (Fully Supported by Loaders)	2-1-1 Shoulder Sit Punk Move 2-1-1 Dangle Straddle - 180 Dismount High Knee Platform Handstand Flying-V	2-2-1 Should Sit Invert T 2-1-1 Dangle Pike - 180 Dismount 2-1-1 Shoulder Stand to H-n-H Invert
		<u>BONUS</u>	
MINI	<u>YOUTH</u>	JUNIOR	<u>SENIOR</u>
Low Knee Platform Handstand	2-1-1 Dangle (Loader Release) High Knee Platform Handstand Flying-V	2-1-1 Dangle Straddle - 360 Dismount 2-1-1 Dangle Pike	2-1-1 Dangle Pike - 360 Dismount

Section 4.03 Toss (Updated 2/6/24)

		TOSS	
	L	EVEL APPROPRIATE	
<u>MINI</u> **	<u>YOUTH</u>	JUNIOR	<u>SENIOR</u>
Sponge Toss Straight Ride (2-foot sponge)	Tuck Shoot	Front 3/4 Tuck Shoot	Back Tuck
Trophy Drill (on basket grip)	Straight Ride	Full Twist	Arab Layout
	-	Toe Touch	Kick-Full
		Pike Open	Double Twist
			Front Layout
		<u>BONUS</u>	
<u>MINI</u> **	YOUTH	JUNIOR	<u>SENIOR</u>
Straight Ride (basket grip)	Full Twist	Back Tuck	Full Twisting Layout
Tuck Shoot (basket grip)	Pike Open	Double Twist	Kick-Double Full
		Kick-Full	Layout
		Front Layout	X-Out
		•	
		ding the use of "2-Foot Sponge" and "Basket" grips in the load and to I for the TOSS #2. In <u>Team Routine</u> , any toss thrown from a Basket gri	ss. In <u>Compulsory</u> , tosses may use Sponge or Basket grips interchangeably for the p is considered Bonus.

	TUMBLIN	G LEVEL CHART	
	LEVE	L APPROPRIATE	
MINI	<u>YOUTH</u>	JUNIOR	<u>SENIOR</u>
Back Walk Over (BWO) Backbend - Push Up (PUBB) Backbend - Standing (SBB) Backbend Kick Over (BBKO) Backward Roll (BR) Forward Rolls (FR) Front Walk Over (FWO) FWO to CW or RO Handstand (HS) Round Off (RO) Connection of any of these skills	SBHS (w/wo SO) FHS RO BHS (multiple allowed) RO BHS (multiple allowed, w/wo SO)	SBHS (multiple allowed) CW BHS (step-out or no, multiple allowed) TT BHS (multiple allowed) RO Multiple BHS RO BHS BT RO BT	SBT BHS BHS BT TT SBT (multiple allowed) CW BT RO BHS LO FHS BHS LO FT
		BONUS	
MINI	<u>YOUTH</u>	JUNIOR	<u>SENIOR</u>
Standing Backhandspring (SBHS) FWO RO BHS RO BHS (multiple allowed) SBHS Step Out (SO)	TT BHS (multiple allowed, w/wo SO) RO BHS Tuck Standing Double BHS BWO BHS CW BHS (step-out or no, multiple allowed) FHS SO FHS FHS RO BHS Tuck	SBT CW BT BHS BHS BT TT SBT (multiple TT allowed) RO BHS LO FHS RO BHS LO FT RO BHS Full	Ariel BT RO BHS Full & Half RO BHS Full SBT BHS BT Front-Thru & Whip Passes
		Front-Thru & Whip Passes	

COP ARTICLE V. Sample Tariff Forms

Section 5.01 Junior Team Routine Tariff Form Pre-Filled Example

	Team Name WCC - BLAZE		Team Size	GREAT JOB!				Junio	r / Senior Division Routine AutoTariff Form Release Version 5.7 - 2/22/23
Neglence Neglence I 12 I 13 I 13 I 14 I 11 I 11 I 12 I 11 I 11	ACRO Switch Up Ub Ub Dip to Extension Dangle	Comp Mail Mail Comp (2) (2) (2)	Clantity Rai ass Mag ass Mag ass Mag ass Mag ass Mag by Asg ass Mag ass Mag by ass ass ass ass ass ass ass ass	V Low Low X Book V Low V Low X Book V Low V Low Book V Low V Low Book V Low Low Low Book Most Low Low Book Book Most Low Low Book Book Most Low Low Book Book 3 1 S Low S Low	Officulty Count 2 1.1 1.1 1.1 1.1 1.1 1.1 1.1 1.1 1.1 1	Group Patter Meetin You are execut You have 3 level appropri- You have 3 level appropri- You have 3 level appropri- You have 3 level appropri- You have 3 level appropri-	D / STUNT Group Quantity 0 1 Less Mayorty 1 2 g Minimum Requirements: ting a compulsory element: ate elements by a MAIORITY opriate elements by MOST: Meeting Minimum Requirements: You are executing a compulsory element	2 Most 3 TRUE TRUE TRUE TRUE TRUE	GREAT JOBI GREAT JOBI GREAT JOBI
	TOTAL LEVEL AP. TOTAL LEVEL AP.		MOST	Low LevAp Bonus	4 You a	re meeting the One (1) Level Appropriate re meeting the One (1) Level Appropriat remeeting the Two (2) Level Appropriate	e Element by MOST requirement	TRUE	GREAT JOB!
Herg Option Day 2014 T 3 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	TOSS Front Layout Full Twist	Comp. Symbol and Groupes. If I	Quantity Rai			Majority You are executing the LESS THAN MAJOR flass Than MAJORITY is 2, then 1 ic You are meeting the MAJORITY	sss is automatically considered Sync IY SYNC toss requirement: it is automatically considered Sync	TRUE	GREAT JOBI GREAT JOBI GREAT JOBI
Image data Note of a constraint	STANDING TUMBLING Back Handspring CW BHS SO CW BT	Core, Spin of Alexange IP IP 9 IP IP 9 IP IP 1 IP IP 1 IP IP IP	Less Maj	Image Image Image Image Image		Ity Most 7 You are exerting the MAU You are meeting the MAU You are meeting the MAU You are meeting the Logalitying passes Qualifying passes	g Minimum Requirements: cuting a compulsory element ORTY group sync requirement MCRT group sync requirement in addition to group sync pass Which constitutes executing the bonus level skill	TRUE TRUE TRUE TRUE 10 MOST	GREAT JOBI GREAT JOBI GREAT JOBI
Image and the second	RUNNING TUMBLING RO BHS BT Front Handspring SO RO BHS BHS Trice RO BHS BT PHS FHS	Orep Open of allocation I I 2 I II 1 I II 3 II II 3 II II 3 II III 3 III IIII 1 IIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIII	Classifity Fall 2 Loss Mag 2 Loss Mag	Mote Los Y Lové X Bond Imat Imat Y Lové Imat Imat Imat Y Lové Imat Imat Imat Imat Imat Imat Imat Imat Ima	Officulty Athlet Majo 6	Ity Most 7 You are meeting the MAJORIT You are meeting the MAJORIT You are meeting the MAJORIT Qualifying passes in a Qualifying passes in a	g Minimum Requirements: cuting a compulsory element of group sync requirement: 31 group sync requirement ddition to group sync pass: Which constitutes : executing a torio sync pass: xecuting a bonus level skill:	 TRUE TRUE TRUE 6 MAUDITY TRUE 	GREAT JOBI GREAT JOBI GREAT JOBI GREAT JOBI

COP ARTICLE VI. Tumbling Quantity Charts

NATL - TUMBLING QUANTITY CHART

TEAM ROUTINE TUMBLING QUANTITIES COMPULSORY TUMBLING QUANTITIES - Mini / Yth COMPULSORY TUMBLING QUANTITIES - Jnr / Snr

Tumbling					
Team #	Maj	Most			
4	2	3			
5	3	3			
6	3	4			
7	4	5			
8	4	5			
9	5	6			
10	6	7			
11	6	7			
12	7	8			
13	7	9			
14	8	9			
15	8	10			
16	9	11			
17	9	11			
18	10	12			
19	10	13			
20	11	13			
21	11	13			
22	12	13			
23	12	13			
24	12	13			

Tumbling				
Team #	Required			
4	3			
5	3			
6	4			
7	5			
8	5 5			
9	6			
10	6			
11	6			
12	6			
13	6			
14	6			
15	6			
16	6			
17	6			
18	6			
19	6			
20	6			
21	6			
22	6			
23	6			
24	6			

Tum	Ibling
Team #	Required
4	3
5	3
6	4
7	5
8	5
9	6
10	7
11	7
12	8
13	8
14	8
15	8
16	8
17	8
18	8
19	8
20	8
21	8
22	8
23	8
24	8