2023-24 NATL Compulsory Skill Tree & Video Links

More Video Links will be added as skills are filmed and submitted. Thank you for your patience. Please Contact Info@TheNATL.com for info on videos or skills awaiting videos. Thanks!!

Click on the links below to access skill videos. Hover over the text box symbols to bring up detailed comments. If searching within the Comments Pane, sort by AUTHOR and "COLLAPSE ALL" to see skill category groups.

v7.5 - Revised 2/6/2024

ACRO STUNTS

	MINI	YOUTH	JUNIOR	SENIOR
	2 Groups - 8 Min / 12 Max Athletes	2 Groups - 8 Min / 12 Max Athletes	2 Groups - 8 Min / 12 Max Athletes	1 or 2 Groups - 5 Min / 12 Max Athletes
	Ground Diamond Hold	Prep Level Liberty - Retake	Ground Up Extended Liberty	Ground Up to Extended Lib to Arabesque Straight Cradle
	+ Bonus Straddle		+ Bonus Sub Switch Up to Chest Lib - Press Extended Lib	+ Bonus Add Switch Up
	Ground Invert			+ Bonus Add Full Down Dismount
	Prep - Cradle	Pitch-to-Group Prep - Cradle	Ground Up "Punk Move" Invert	Dangle Straddle - Pop-Over to "Punk Move" Invert - Release
	+ Bonus Add Press to Extension	+ Bonus Sub Pitch-to-Partner Prep	+ Bonus Add Release	
		+ Bonus Add Press to Extension		
	Acro Plank	H-n-H Dangle	Walk to Hands - Extension - Cradle or Pop-off	Pitch to Reverse Prep or Hands - Tuck Down
		+ Release Bonus	+ Unassisted 1-1 Partner Bonus	+ Partner Bonus (for 1-1, no assist)
				+ Bonus for Advanced Dismounts (Layout Vid)
				(Full Vid)
	Iron Pike	Shoulder Stand to "Punk Move" Invert	H-n-H Dangle / Diamond / Straddle - Any Load/Dismount	Chest Level Hand-n-Handstand (Group)
	+ Release Bonus		+ Unassisted 1-1 Partner Bonus	+ Bonus Sub Assisted Extended Hand-n-Handstand
				OR
				+ 1-1 Partner Bonus for Hand-n-Handstand at Chest Level

PYRAMID

	MINI	YOUTH	JUNIOR	SENIOR
	8 Max Athletes	8 Max Athletes	8 Min / 12 Max Athletes	8 Min / 12 Max Athletes
	Thigh Handstand Tower (Assisted Load)	2-2-1 Shoulder Sit Iron Pike	2-2-1 Shoulder Sit "Punk Move" Invert	2-2-1 Invert T
	+ Bonus - Unassisted Load	+ Release Bonus		
	2-2-1 Shoulder Sit Iron Cross	2-1-1 Dangle	2-1-1 Dangle Straddle	2-1-1 Dangle - Pike - 180 Down
			+ Bonus for 360 down	+ Bonus Sub 360 down

TOSS

	MINI	YOUTH	JUNIOR	SENIOR
	2 Groups - 8 Min / 12 Max Athletes	2 Groups - 8 Min / 12 Max Athletes	2 Groups - 8 Min / 12 Max Athletes	2 Groups - 8 Min / 12 Max Athletes
	Trophy Drill (Basket Grip)	Straight Ride Toss	Full Twist Toss	Front 3/4 Layout Toss
	+ Bonus Straight Ride (Sponge or Basket Toss)	+ Bonus for Full Twist		+ Bonus for Full Twist
	Straight Ride (Sponge or Basket Toss)	Toe Touch Toss	Front 3/4 Tuck Shoot Salto Toss	Back Tuck Toss *
	+ Bonus Tuck Shoot (Sponge or Basket Toss)		+ Bonus for Layout	+ 2 Group Sync Bonus
				* Only 1 Group Required

TUMBLING

	MINI	YOUTH	JUNIOR	SENIOR
	6 Athletes Max per Pass / 9 Max in Event	6 Athletes Max per Pass / 9 Max in Event	8 Athletes Max per Pass / 12 Max in Event	8 Athletes Max per Pass / 12 Max in Event
	Eagle Jump	TT(Bonus Add BHS)	St.BHS (Bonus 0.6pts Sub St.BT)	St.BT (Bonus Sub Standing Tuck Tuck
	Cartwheel	CW Step-In Rebound Stick (Bonus Add BHS)	TT BHS (Bonus Add 2nd BHS)	BHS BT -or- BHS BHS BT (Bonus Sub SBT BHS BT)
	BWO (Bonus Sub BHS)	St. BHS (Bonus Sub BWO BHS)	CW BHS SO (Bonus Sub CW Tuck)	CW BT (Bonus Sub Ariel BT)
	Athletes may switch b/w each running pass only.	PWH FHS SO RO Rebound Stick (Bonus Add BHS)	2-Step FHS Rebound Stick (Bonus Sub Punch Front)	*Athletes may switch b/w each running pass only.*
	FWO (Any Entry)	2-Step RO BHS (Bonus 0.3pts Add 2nd BHS)	PWH FHS SO RO BHS BHS (Bonus Sub Back Tuck)	PWH RO BHS BHS BT
	Step Hurdle RO (Bonus 0.6pts Add BHS)	(Bonus 0.6pts Add BT)	2-Step RO BHS BT (Bonus Sub Layout)	2-Step RO BHS LO (Bonus = 0.3pts Sub 1/2 Twist / 0.6pts Sub Full Twist)

KEY

BHS = Back Handspring	FHS = Front Handspring	PWH = Power Hurdle	St.BT = Standing Back Tuck
BT / FT = Back Tuck / Front Tuck	FWO = Front Walkover	RB = Rebound	SO = Step Out
BWO = Back Walkover	H-n-H = Hand in Hand	RO = Round Off	TT = Toe Touch
CW = Cartwheel	LO = Layout	St.BHS = Standing Back Handspring	2-2-1 or 2-1-1 = # Base - # Mid - # Top

"Bonus Add" = bonus for adding the skill listed to the given level appropriate skill	"Partner Bonus" = Stunt bonus given for executing with 1 base & 1 flyer
"Bonus Sub" = bonus for substituting the given skill with the bonus skill listed	"Unassisted" = no extra hands touching the stunt other than primary base in a 1-1
"Demonstrate Release" = athlete must use a visibly demonstrative pose showing release	