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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 proving ground they provide for our ruleset each season.

The following contains rules clarifications and adjustments. 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 to help 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: Trophy 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.



ARTICLE I. Mission & Goals

➤ Mission Statement

The NATL is dedicated to creating a solid foundation for the growth and proliferation of the sport of Acrobatics and Tumbling at the youth and club level; one that mirrors the success of its collegiate roots and prepares athletes to earn college scholarship in the NCATA. This starts by providing fun and empowering events built on a well thought out, effective, and fair ruleset which will provide a path for young people to become the best versions of themselves through team sports. This will be accomplished by developing proper fundamentals, leading with excellence, being inclusive of everyone, and encouraging a network of cooperative programs.

➤ Goals & Services

1. Education & Proliferation of A&T
 - Educational support for gyms on all rule sets (i.e., USAG, NYATA, NATL, NGA, etc.)
 - Team formation assistance and support
2. Rules & Procedures, Code of Points, and Adjudication for NATL & Affiliate Events (i.e., TAAF)
3. College Recruitment Assistance
 - NCATA Recruiting Combines
 - Step-by-step support & resources for recruitable athletes
4. Event Sanctioning & Production
 - Event support for Affiliate Organizations
 - NATL Championship Series



ARTICLE II. Sport / Program Description

Acrobatics & Tumbling is derived from many different disciplines including gymnastics, acrobatics, power tumbling and competitive cheerleading. The format was created at the collegiate level to address the interests and abilities of young women competing in these various skill sets. Individuals and small groups execute acrobatics lifts, tosses and tumbling. Acrobatics & Tumbling was adopted as a NCAA emerging sport by DI, DII and DIII, effective August 1, 2020.

Teams will compete in 5 events (see [Article X](#) for detailed event descriptions.) The combined score from these 5 events will determine the final overall team ranking. Special events known as Open or Optional Rounds, such as specialty stunts or tumbling, may also be included as separate categories with their own rankings at the discretion of each meet director.

ARTICLE III. NATL Leadership Committee

The NATL is led by a committee comprised of A&T coaches, gym owners, judges, and athletes.

Section 3.01 Leadership Committee

- Coach Chair
 - Zach Francis – World Champions Centre (TX)
- Owner Chair
 - Russell Miller – Electric Avenue Athletics (TX)
- Judging Chair
 - Evan McWhirter – Tumble Tech (TX)

Section 3.02 Leadership Committee Meetings

- All Leadership Committee meetings are open for viewing and the participation of representatives from all current NATL gyms. Refer to Section 4.02 for details.



ARTICLE IV. NATL Membership Requirements & Details

All gyms, athletes, coaches, and judges participating in a NATL hosted event must have valid and current NATL Memberships. The meet director is responsible for verifying all memberships prior to the event's start. NATL membership is not required for NATL affiliated events hosted by other organizations (i.e., TAAF, USAG, etc.) and teams are subject to the rules and membership requirements of those organizations.

Section 4.01 NATL Annual Membership Rates

- Member Gyms: \$250/season
- Athletes: \$25/season

Section 4.02 Gym Membership Details

- Visit www.TheNATL.com/Membership to purchase your annual program membership!!
 - Each current NATL member gym is allotted one (1) Owner, one (1) Coach & one (1) Athlete representative to sit on The NATL Guidance Council and are invited to attend Leadership Committee meetings. These reps will be eligible to participate in open floor discussions and votes as directed by the Leadership Committee.
 - For continuity in meetings, reps should be assigned to represent their gym for the entirety of a competitive season though substitutes may be used in the case of meeting conflicts.

Section 4.03 Professional Membership Details for Coaches & Owners

- *This section is still under construction, but The Professional Membership portal is live now at www.NATL.org... Join NOW!!*
- All professional members are required to pass a nationally recognized background check.
 - The NATL will accept current USAG or TAAF memberships as a valid background check thru 2024.

Section 4.04 Athlete Membership Details

- Visit www.TheNATL.com/Membership to purchase your annual athlete membership!!



ARTICLE V. Squad / Team Descriptions & Guidelines

Team Acrobatics & Tumbling (A&T) is designed for “teams” or “squads” of 8 to 24 athletes depending on division.

Section 5.01 Age Minimum/Maximum Requirements & Age Determination

- The minimum age requirement for competitors in all divisions is 5 years old at the time of competition. This minimum supersedes any other policy or guideline that could be interpreted to allow athletes under 5 years old.
- When determining if an athlete meets the **AGE MINIMUM QUALIFICATION** for a given division:
 - An athlete’s age may be set based on their age at the next upcoming NATL Championship.
 - i.e., An athlete that will be 6 years old at the 2022 NATL Championship may be considered 6 years old for the entire 2021-2022 season when determining that athlete’s age minimum qualification.
 - Until a date has been 100% confirmed for the 2022 NATL Championship, the age determination date in these cases will be May 1st, 2022. This date will be extended to Day 1 of the championship once final dates are set.
 - *“This allows an athlete that is too young for a team at the beginning of the season but would be old enough by the NATL Championship to get started as soon as possible.”*
- When determining if an athlete meets the **AGE MAXIMUM QUALIFICATION** for a given division:
 - An athlete’s age may be set based on their age at the first NATL sanctioned event the athlete attends that season when determining that athlete’s age maximum qualification.
 - i.e., An athlete that will be 14 while attending an NATL sanctioned event in November of 2023 shall be considered 14 for the remainder of the 2023-24 season.
 - *“This prevents an athlete from aging out of their team mid-season.”*
- Coaches will specify which age determination is being used for each athlete on the team’s official roster forms.
- **Using an athlete who does not meet the minimum or maximum age for a given division will result in the disqualification of the team.**
 - Exceptions are outlined in [Section 5.05 Age Variance Waivers](#) and [Section 5.07 Emergency Substitutions](#).

Section 5.02 Age Divisions

(a) Mini Novice Division

20 Athletes Max / 5 to 12 years old

(b) Youth Excel Division

20 Athletes Max / 7 to 14 years old

(c) Junior Elite Division

24 Athletes Max / 8 to 18 years old

(d) Senior Prestige Division

24 Athletes Max / 10 to 19 years old / (Must be in High School or younger)

Section 5.03 Double Dipper Policies

Double Dippers (DDs) are defined as athletes competing on two (2) squads within the same program in different divisions.

- DDs may only double on squads in adjacent divisions (i.e., Junior to Senior... not Youth to Senior or vice versa.)
- DDs may compete on a maximum of two squads.
- Coaches will assign each of their athletes to a primary roster. An athlete will only be considered a DD when assigned to a second competitive roster, and only on that roster. Athletes are not considered a DD on their primary roster.

Section 5.03 Double Dipper Policies (cont.)

- Accommodation for Double Dippers in a Meet’s Schedule is not guaranteed and should not be relied upon.
- The number of DD’s is determined by the size of the team according to the following table:

Total Squad Size Including DDs	Max DDs Allowed
8 - 10	2
11 – 16	3
17 – 20	4
21 – 24	5

Section 5.04 COED Division Guidelines

“All-Girl” teams are allowed up to two male athletes. Three or more males on a roster constitute a COED squad.

- COED teams shall be automatically matched up against any other COED teams in the same division at a given meet.
- COED teams and All-Girl teams may compete in head-to-head invitational matchups at the Meet Directors discretion.
- In larger events with only one (1) COED team in a given division, Meet Directors reserve the right to use an alternative Awards Ranking Format as outlined in [Section 13.04 – Alternate Awards Formats](#).
- In events with two (2) or more COED teams in a given division, Meet Directors reserve the right to split the division as outlined in [Section 5.08a – Division Splits](#).

Section 5.05 Age Variance (AV) Waiver

- *“The NATL understands that there are often those one or two athletes that simply do not fit the age bracket of the team on which they truly belong or the only team a Club has to offer, especially in fledgling programs. Following the success and positive response for this rule throughout the 21-22 and 22-23 season, In the spirit of facilitating growth within A&T programs and offering more opportunities to interested athletes, the NATL has given final approval to this rule which allows squads to apply for an age variance waiver for a limited number of athletes that do not fit the age division for a given team.”*
- Age Variance Waiver Requests:
 - **FORM 5.05 Age Variance Waiver Request**
 - Must be submitted to the Leadership Committee no later than 2 weeks prior to the AV Waiver athlete’s first competition. Teams are encouraged to complete this process at the beginning of the season.
 - Waivers will be granted or denied for the entirety of that competitive season.
 - May be denied if it is deemed by the Leadership Committee that the Club has another team suitable for the athlete in question without the use of an AV Waiver. The spirit of this rule is to avoid excluding athletes and help teams get started, not to aid in creating stacked teams.
- **Age Variance Limitations**
 - The age of any Age Variance athlete (as dictated by [Section 5.01](#)) may only deviate from the age bracket in which they are looking to compete by one (1) year.
 - The competition age minimum of 5 for any event is paramount and may not be altered by AV waivers.
 - Double Dippers do not qualify for Age Variance Waivers.
 - Teams are allowed the following number of AV Athletes based on division and team:

<u>Team Size (Including AV)</u>	<u>Max AV Mini</u>	<u>Max AV Youth</u>	<u>Max AV Junior</u>	<u>Max AV Senior</u>
8-10	1	1	2	2
11-16	2	2	2	2
16-20	3	3	3	3
21-24	/	/	3	3

Section 5.06 General Athlete Substitutions

- Substitutions are defined as any change to a squad's roster after it has been submitted to the meet director.
 - All substitutions, General or Emergency, may only utilize athletes with active Athlete Memberships in the NATL or the affiliate organization hosting the event (i.e., TAAF.)
- General Substitutions:
 - Are any that do not violate any Age, Coed or Double Policies (or any other policies.)
 - Do not require the approval of the Meet Director or the notification of other teams.
 - Must be submitted to the Meet Director before the start of competition.

Section 5.07 Emergency Substitutions

- Emergency Substitutions are:
 1. Any roster change made within 24 hours of competition.
 2. Any roster change that involves subbing in an athlete that does not meet the age requirements of the team as outlined in [Section 5.02 Age Divisions](#) and does not possess a [Section 5.05 Age Variance Waiver](#).
 3. Any roster change that violates the Double Dipper policies as outlined in [Section 5.03](#).
 4. Any roster change that violates the COED policies as outlined in [Section 5.04](#).
- Valid reasons for an approved Emergency Substitution:
 - Verifiable injury to a rostered athlete within 8 days of competition.
 - Family emergency or travel issue that prevents a rostered athlete from competing.
- While arbitrating requests for emergency substitution(s), any variance from Age, Coed, or Double Dipper policies must be approved by the Meet Director and all other teams in the division must be notified.
 - These variances must be necessitated by a Club's lack of any eligible athletes to sub in that would not violate those policies. *For instance, a Youth squad may not use an athlete rostered in the Senior division if the Club has eligible Junior level athletes available as this would violate the Double Dipper policies.*
- Emergency Sub requests must be submitted to the Meet Director in writing or in person using the following form:
 - [FORM 5.07 Emergency Substitution](#)
- Meet Directors reserve the right to grant Emergency Substitutions on-site, in the moment for injuries in warm-ups or in competition if it is deemed necessary for the event to continue. Other teams in the division will be consulted, and coaches are still responsible for filling out the appropriate forms immediately following the event.

Section 5.08a Division Splits

Meet Directors reserve the right to sub-divide divisions, or "split", with the intent of creating increasingly fair and balanced events. The recommended method of division split is "Bonus / Non-Bonus", meaning each team's choice to attempt bonus skills or not. Meet Directors may alternatively or concurrently choose to use any of the metrics below.

1. Bonus / non-Bonus* (i.e., Senior and Senior Bonus) *Refer to [Section 10.07 Compulsory Bonuses](#)
 2. Coed / non-Coed (i.e., Senior Coed and Senior)
 3. Team Size (i.e., Large Junior and Small Junior)
- A given division must have a minimum of four (4) registered teams to split.
 - Meet Directors are not required to split large divisions if there is no clear delineating factor to justify the split.
 - Division splits may not result in any single (1) team being left without competition.
 - Division splits must be announced by the Meet Director no later than 2 weeks prior to the event.

Section 5.08b Bonus vs Non-Bonus Division Split

- When implementing a Bonus vs Non-Bonus Division Split:
 - The standard “split line” guideline is set at:
 - **3.5 Bonuses in Compulsory events:** Meaning teams attempting three (3) or less total bonuses accumulated across all compulsory events would form the “non-Bonus” division. Teams attempting four (4) or more total bonuses accumulated across all compulsory events would form the “Bonus” division.
 - **2.5 Bonus Categories in Team Routine:** Meaning teams attempting bonuses in 2 or less “Skill Categories” (i.e. Acro, Toss, Pyramid, etc.) on the score sheet would form the “non-Bonus” division. Teams attempting bonuses in three (3) or more Categories would form the “Bonus” division.
 - *Clarification 1: This is tallied by counting how many “Skill Categories” a team executes bonuses within, not how many total bonuses they have in their routine as bonuses in Team Routine only achieve one score boost per category. i.e. executing 2 Bonus Level Acro Skills provides the same bonus as 1 Bonus Level Skill.*
 - *Clarification 2: Standing Tumbling and Running Tumbling are 2 different “Skill Categories.”*
 - ****IMPORTANT**** Meet directors reserve the right to move the split line up or down as needed to form more balanced divisions. Establishing evenly populated divisions takes priority over maintaining the split lines outlined above. This change should be decided and announced within 2 weeks of the event.

Section 5.08c Alternate Awards Formats

- Used in cases in which there is only one team on either side of the Bonus Split Line, i.e., only one (1) Bonus Team or only one (1) non-Bonus Team in an otherwise populated division. *Refer to [Section 13.04 Alternate Awards Formats](#)
 - ONLY ONE (1) BONUS TEAM
 - The Bonus Team is to be awarded final placement based on where their final score ranks within the division as a whole but without disturbing the placements of the non-Bonus Teams that achieved the same score or lower.
 - ONLY ONE (1) NON-BONUS TEAM
 - The non-Bonus Team will be given the option to receive 1st Place in all Non-Bonus events and overall or they may compete and be awarded their placement within the division as a whole. This must be determined before the start of the event.



ARTICLE VI. Scoring Principles

Each team's Final Team Score to be used for final rankings is the sum of their four (4) Compulsory Event scores and the score from the Team Floor Routine plus or minus any special bonuses or deductions.

Section 6.01 THE PRIMARY PRINCIPLE

The NATL believes technique, execution and safety should never be sacrificed in the pursuit of difficulty. Difficulty should always be achieved in the safest and fundamentally progressive manner possible. Skills of increasing difficulty should only be attempted by teams that have truly matured towards and are ready for those skills. From that perspective, all NATL scoring principles are designed to create a system where the penalties for execution and technique mistakes outweigh the potential bonuses achieved for higher difficulty.

Section 6.02 Scoring & Tabulation

Until formal NATL scoring software has been developed, Meet Directors will use a standardized EXCEL spread sheet to compile each team's event scores, tabulate their final score, and provide the final rankings. This spreadsheet is linked directly to the Auto-Tariff Form completed by each team that outlines the skills they are executing and the resulting start values in the Compulsory & Team Routine events.

- A working sample of this file can be found here: [\(NATL Auto-Tariff\)](#)
- Teams will be provided a printout of their tabulation page(s) at the end of each meet.

Section 6.03 Announcement of Scores

- Scores for each of the compulsory events may be announced throughout the meet as soon as they are tabulated, verified by the meet director, and after the *Challenge Period* (Refer to [Section 6.04](#)) has elapsed. Meet Directors may elect to not have scores read.
- Scores for the Team Event will not be announced before the final awards ceremony but will be available on each team's NATL SCORING TABULATOR printout.

Section 6.04 Challenge Period

- Following the announcement of scores for each compulsory event shall be a 5-minute challenge period during which coaches may challenge either their own or another team's score in that event.
- Following the Final Awards there will be a 10-minute challenge period during which coaches may challenge either their own or another team's score in the TEAM ROUTINE ONLY.
- **Challenges may only be used to verify that RULES, START VALUES, and SKILL REQUIREMENTS were enforced and that any deductions or bonuses earned in these areas were adjudicated properly.**
 - Challenges may not be used to question Judges' subjective scores for execution or technique.
- **FORM 6.04 Challenge of Score** must be turned into the Meet Director's table within the time limit specified above.
- Coaches are expected to raise challenges in a dignified, non-combative manner while accepting the outcome of the challenge as dictated by the Meet Director in a similarly dignified manner. Failure to do so may result in disqualification of the team in question by the Meet Director.

Section 6.05 Qualification for The NATL Championship

- Currently there is no qualification process to attend The NATL Championship. All teams are invited to attend!

ARTICLE VII. Meet/Event Host Regulations & Guidelines

Section 7.01 Competition & Warm-up Floor Guidelines

- Meet hosts and event producers are required to provide a detailed outline of their competition and warm-up spaces in their event information and marketing. Additionally, all participating clubs are to be provided with this outline by the Meet Director when registering for any NATL sanctioned event.
- **GOLD STANDARD EVENTS:** Meet host and event producers are obligated to provide the safest and highest standard competition and warm-up spaces possible. This means striving for a competition set up as close to the “Gold Standard” outlined here:
 - “9-Lane” (54’x42’) Competition Spring Floor
 - Sloped floor run-offs or perimeter flooring required (no immediate drop-offs from competition space.)
 - Separate Warm-Up Spaces and Spring Floor Lanes separate from the competition floor.
 - This facilitates warm-ups and events running concurrently for a faster meet.
 - The main comp floor may still be used for Team Routine warm-ups if a full-size warm-up floor is not available.
 - A minimum of 2 lanes of spring floor should be dedicated to tumbling warm-ups.
- State and National Championship level events must meet the “Gold Standard.”
- Regional, Invitational and Head-to-Head level events may be hosted in smaller venues where the “Gold Standard” is not possible. In these cases, the following minimums must be met:
 - “7-lane” (42’x42’) Competition Spring Floor that may double as the warm-up space.
 - A clear safety zone of 6’ around the competition floor for athletes accidentally leaving the competition area.
 - Floor size must be clearly noted in competition information and communicated to attending Clubs.

Section 7.02 Music Playback System Guidelines

- Meet hosts and event producers must provide music playback systems for both warm-up and competition areas.
- Aux cords should be easily accessible to coaches with **Apple, USB-C, AND 3.5mm Headphone** style dongles available.
- The Meet Director may limit warm-up area volume levels to avoid disturbing the overall event.
- The preferred method of playback is for programs to submit their music tracks to the meet host for inclusion on the master system’s playlist.

Section 7.03 Safety Spotters on the Floor

- Each squad should have at least two (2) coaches on the floor during each event to act as Safety Spotters.
 - In the case of a squad only having one (1) coach to act as a spotter, a coach from another club may fill in as the second spotter.
- Meet Directors may opt to provide professional spotters in lieu of team coaches.

Section 7.04 Sideline Coach and Athlete Decorum and Guidelines

ARTICLE VIII. Athlete Regulations & Guidelines

Section 8.01 General Athlete Guidelines

- Coaches are obligated to impart these guidelines to each of their athletes.
- NATL Athlete Membership:
 - All Team A&T athletes are required to have a current NATL Athlete Membership to compete at events hosted by the NATL.
 - NATL sanctioned events hosted by affiliate organizations (such as TAAF) are permitted to utilize current Athlete Memberships from that affiliate organization in lieu of a NATL Athlete Membership.
- Athlete Behavior:
 - Athletes are expected to conduct themselves in a dignified and respectable manner while attending events hosted by the NATL and its affiliate organizations. This extends beyond the competition venue to lodging, eating, and transportation establishments. Teams with athletes participating in negative behaviors detrimental to the event, the NATL, or their club will be penalized or have a deduction taken from their final score as determined by the Meet Director.

Section 8.02 Uniform & Competition Dress Code

- Jersey:
 - Matching, numbered volleyball style jerseys are required. Short or long sleeves are acceptable.
 - Athlete last names are desirable on the back of each jersey but not required.
 - Tighter fits on jerseys and uniform pieces are desirable from a safety standpoint.
- Shorts:
 - Matching gym or “spank” style shorts are required. No basketball shorts or pants.
 - Shorts should be of a respectable and conservative length.
- Shoes:
 - Matching, athletic shoes with soles are required.
- Gloves:
 - Athletic gloves are allowed, but not required.
- Hair:
 - Hair long enough to be in one’s face must be pulled back in a ponytail, bun, braids, or similar style.
 - Hair that has been secured back may “brush” the shoulders &/or back but cannot be in a style deemed as “down” by the Meet Director.
 - Athletes on a team are not required to wear matching hairstyles.
- Hair Accessories:
 - Bows/Ribbons may not exceed 8 inches and must be secured with an elastic hair tie, not clips.
 - Barrettes and bobby pins may be used to secure hair.
 - The meet director must approve head bands, bandanas, or other types of accessories.
- Jewelry:
 - Each athlete may wear one (1) pair of flat stud earrings.
 - No other visible jewelry is permitted while competing.
- Tape & Braces:
 - Bandages, athletic tape, and Kinesio tape are permitted.
 - Joint support and braces are permitted. Braces with exposed metal must be cleared by the Meet Director.
 - All supports listed must be white, black, skin-tone, or match one’s jersey color. Non-intrusive colors only.
- Other Notes:
 - No under garments should be exposed under normal wear conditions.
 - In general, all team garments should be matching with an overall neat and athletic appearance.

ARTICLE IX. Coach Regulations & Guidelines

Section 9.01 General Coach Guidelines

- All coaches in the field of play must have a valid NATL Professional Membership
 - Meet Directors may opt to accept the Profession Membership of an affiliated organization (i.e., TAAF)
- Each squad is required to always have at least one (1) coach present and responsible for them.
 - A minimum of two (2) coaches is highly recommended.
 - This includes all warm-ups, competitive, and award sessions.
- Coach Obligations:
 - Follow the *NATL Ethical Code of Conduct (Under construction)*
 - Demonstrate good sportsmanship and expect the same of their teams.
 - Be present at all warm-up and competition sessions.
 - Submit all forms and required paperwork by the deadlines set by the Meet Director.
 - Follow directions from the Meet Director and Event Officials.
 - Dress Appropriately according to the Coach Dress Code in Section 8.02
 - Attend all coaches' meetings.
 - Responsibility for getting routine music to the playback station & operate playback.
 - Inform athletes and families of all competitive requirements, event rules, rights, and obligations.
- Direct any inquiries, concerns, or questions to the Meet Director. Refrain from approaching a judge directly before, during or after an event. The Meet Director will direct these concerns through the proper channel.
- In the case of an athlete injury, file an *Accident Report (Under Construction)* with the Meet Director.

Section 9.02 Coach Dress Code

- Coaching staff must wear professional or athletic attire with a logo or badge indicating their program affiliation.
- Athletic shoes are required.
- Bulky jewelry is not allowed.



ARTICLE X. Compulsory & Team Event Category Descriptions & Guidelines

The first four (4) compulsory events, or “Compulsory Events,” highlight skills from one of each of the following skill disciplines: acrobatic stunts, basket tosses, pyramid building and tumbling.



Section 10.01 Stunts / Acro Event Category Description & Guidelines

- Stunts / Acro consist of “partner pairs,” “groups,” or “stunt groups” of 2 to 5 athletes performing acrobatic and cheerleading style lifts in demonstrations of base strength, flyer control & flexibility, and group stability.
- In this event, teams will send out two (2) groups to perform a series of four (4) synchronized acrobatic stunts.



Section 10.02 Pyramid Event Category Description & Guidelines

- Pyramids consist of:
 1. multiple “stunt groups” combining into a connected structure. (i.e. Paper Dolls)
-or-
 2. one or more “stunt groups” supporting multiple flyers (a “middle layer” and a “top”) on one structure. (i.e. 2-1-1’s)
- In this event, teams will send out groups of athletes to perform two (2) separate pyramid structures.



Section 10.03 Toss Event Category Description & Guidelines

- A basket / toss consists of “groups” of 3 or 4 bases throwing a “top” or “flyer” in a high-flying release that is then caught by the same “group.” Various skills can be executed during the release such as straddle “Toe-Touches” or back/front flips and/or twists.
- In this event, teams will send out two (2) groups to perform two (2) separate synchronized tosses.



Section 10.04 Tumbling Event Category Description & Guidelines

- Tumbling consists of acrobatic tricks that involve passing through inverted, hand supported positions and ariel flips originating and landing on the performance surface.
- In this event, teams will send 6 to 12 athletes, depending on division, to execute a set of standing tumbling skills followed by a set of running tumbling skills. This event is performed in one floor appearance divided into two sections, Standing and Running, with each section receiving its own score.

Section 10.05 Team Routine Event Category Description & Guidelines (includes Best Trio Pass Specialty Award)

- The Team Routine is a timed routine choreographed to music and performed by each squad. The routine will be comprised of skill sets from the compulsory events, along with other creative skills & elements and a minimum of two 8-counts of dance, all while demonstrating synchronization, creativity, and stamina.
 1. **Music Guidelines:**
 - Team Routine music may contain lyrics from common “radio play” songs or remixes, but it is not required. Lyrics must be original to the songs used. No custom recordings.
 - Custom voiceovers, such as team names and “intros” are allowed through the first ten (10) seconds of the routine. Custom voiceovers after this intro period are subject to a **Music Content Deduction**.
 - Minimal sound effects are permissible for musical transitions. In general practice, effects but should NOT be used to emphasize every action on the floor.
 - All music, lyrics, voiceovers, and sound effects music be appropriate to conservative standards. As a rule of thumb, IF IT IS AT ALL QUESTIONABLE, **DO NOT USE IT!!**
 - Any music that violates any of the above criteria is subject to a **Music Content Deduction** as laid out in [COP Section 1.02 Rules Violations](#).

2. Time Limits:

- Mini Novice & Youth Excel: 2:00
- Junior Elite & Senior Prestige: 2:30
- Time will start with the first organized movement by the team, not the start of the music or sound.
 - This first movement must occur within the first 10 seconds of music/sound.

3. Specialty Award – Best Trio Pass:

- Within the Team Routine event, each squad is required to include a trio tumbling pass, meaning three (3) athletes performing the same synchronized skills. While this pass is included in your overall Team Routine score just as any other executed, it will also be judged as a standalone pass and awarded a score independent from the team overall and compulsory event rankings. This score will be used to determine which squad shall receive the Specialty Award of Best Trio Pass.
- ***No other skills or transitions should be happening during this trio pass. It should be highlighted in the routine and easily seen by the judging panel.***

Section 10.06 Athlete Maximums for Compulsory Events

- In each compulsory skill event, squads are allowed to send up to 50% more athletes to the floor than is required/necessary to compete in the event. For example, if an event requires a minimum of 8 athletes to perform, a team may send up to 12 athletes to the floor for the purpose of switching out athletes between skills. This allows for more athlete participation and promotes safety.
 - For the Acro, Pyramid and Toss Events, athletes may switch roles between each skill if counts are maintained, and time limits are upheld.
 - For the Tumbling Event, athletes may only switch out between the Standing and Running Tumbling sections and/or between each of the Running Tumbling Passes. Substitutions may not be made in between any of the Standing Tumbling skills.
- The maximum number of athletes for each event and division is laid out in [Article XI. Compulsory Skill Tree](#).
- For Acro/Stunts, Pyramid and Toss, these extra athletes on the mat must stand in the back and may not physically assist the athletes that are currently performing or aid in any skills they are not tariffed to perform in any way.
- For Tumbling, these extra athletes should stand just outside the boundary line and may enter/exit the performance area before/after their portion of the event.

Section 10.07 Compulsory Bonuses

- Each of the first four skill events have base level requirements that are compulsory and required for each team. Teams must execute the entirety of these skills to receive a complete score, though teams may elect to leave off skills they are not comfortable with at the forfeiture of their value.
- Select skills in each category carry potential bonus points for the execution of a pre-determined, progressively more advanced variation of the base level skill. Refer to [Article XI. Compulsory Skill Tree](#) to see which skills carry a potential bonus score.
- Teams are not required to attempt bonus skills and have the freedom to select which ones they choose to attempt.
- The number of bonuses attempted is a factor in determining the splitting of divisions (refer to [Section 5.08b Division Splits](#) for details).

ARTICLE XI. Compulsory Skill Tree

Visit www.TheNATL.com to download the Compulsory Skill Tree complete with roll-over skill descriptions and links to online instructional videos.

v7.5 - Revised 2/6/24				
	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
ACRO STUNTS	Ground Diamond Hold + Bonus Straddle Ground Invert	Prep Level Liberty - Retake	Ground Up Extended Liberty + Bonus Sub Switch Up to Chest Lib - Press Extended Lib	Ground Up to Extended Lib to Arabesque Straight Cradle + Bonus Add Switch Up to Extended Lib + Bonus Add Full Down Dismount
	Prep - Cradle + Bonus Add Press to Extension	Pitch-to-Group Prep - Cradle + Bonus Sub Pitch-to-Partner Prep + Bonus Add Press to Extension	Ground Up "Punk Move" Invert + Bonus Add Release	Dangle Straddle - Pop-Over to "Punk Move" Invert - Release
	Acro Plank	H-n-H Dangle + Release Bonus	Walk to Hands - Press Extension - Cradle or Pop-off + Unassisted 1-1 Partner Bonus	Pitch to Reverse Prep or Hands - Tuck Down + Partner Bonus (for 1-1, no assist) + Bonus for Advanced Dismounts (Layout Vid) (Full Vid)
	Iron Pike + Release Bonus	Shoulder Stand to "Punk Move" Invert	H-n-H Dangle / Diamond / Straddle - Any Load/Dismount + Unassisted 1-1 Partner Bonus	Chest Level Hand-n-Handstand (Group) + Bonus Sub Assisted Extended Hand-n-Handstand OR + 1-1 Partner Bonus for Hand-n-Handstand at Chest Level
	MINI	YOUTH	JUNIOR	SENIOR
	8 Max Athletes	8 Max Athletes	8 Min / 12 Max Athletes	8 Min / 12 Max Athletes
PYRAMID	Thigh Handstand Tower + Unassisted Load Bonus	2-2-1 Shoulder Sit Iron Pike + Release Bonus	2-2-1 Shoulder Sit "Punk Move" Invert	2-2-1 Invert T
	2-2-1 Shoulder Sit Iron Cross	2-1-1 Dangle	2-1-1 Dangle Straddle + Bonus for 360 down	2-1-1 Dangle - Pike - 180 Down + Bonus Sub 360 down
	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
TOSS	Trophy Drill (Basket Grip) + Bonus for St. Ride Toss (Sponge or Basket)	Straight Ride Toss + Bonus for Full Twist	Full Twist Toss	Front 3/4 Layout Toss + Bonus for Full Twist
	Staight Ride Toss (Sponge or Basket) + Bonus for Tuck Shoot (Basket)	Toe Touch Toss + Required Back Flip/Roll Out of Cradle	Front 3/4 Tuck Shoot Salto Toss + Bonus for Layout	Back Tuck Toss + Only 1 Group Required + 2 Group Sync Bonus
	MINI	YOUTH	JUNIOR	SENIOR
	6 Max Per Pass / 9 Max in Event	6 Max Per Pass / 9 Max in Event	8 Max Per Pass / 12 Max in Event	8 Max Per Pass / 12 Max in Event
TUMBLING	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) <i>Athletes may switch b/w each running pass only.</i>	St. BHS (Bonus Sub BWO BHS) <i>Athletes may switch b/w each running pass only.</i>	CW BHS SO (Bonus Sub CW BT) <i>Athletes may switch b/w each running pass only.</i>	CW BT (Bonus Sub Ariel BT) <i>Athletes may switch b/w each running pass only.</i>
	FWO (Any Entry)	PWH FHS SO RO Rebound Stick (Bonus Add BHS)	2-Step FHS Rebound Stick (Bonus Sub Punch Front)	2-Step Punch FT
Step Hurdle RO (Bonus 0.6pts Add BHS)	2-Step RO BHS (Bonus 0.3pts Add 2nd BHS) (Bonus 0.6pts Add BT)	PWH FHS SO RO BHS BHS (Bonus Sub Back Tuck for 2nd BHS)	2-Step RO BHS BHS BT	2-Step RO BHS LO (Bonus = 0.3pts Sub RO BHS 1/2 / 0.6pts Sub RO BHS Full)
KEY	BHS = Back Handspring BT / FT = Back Tuck / Front Tuck BWO = Back Walkover CW = Cartwheel	FHS = Front Handspring FWO = Front Walkover H-n-H = Hand in Hand LO = Layout	PWH = Power Hurdle RB = Rebound RO = Round Off St. BHS = Standing Back Handspring	St. BT = Standing Back Tuck SO = Step Out TT = Toe Touch 2-2-1 or 2-1-1 = # Base - # Mid - # Top
	"Bonus Add" = bonus for adding the skill listed to the given level appropriate skill "Bonus Sub" = bonus for substituting the given skill with the bonus skill listed "Demonstrate Release" = athlete must use a visibly demonstrative pose showing release		"Partner Bonus" = Stunt bonus given for executing with 1 base & 1 flyer "Unassisted" = no extra hands touching the stunt other than primary base in a 1-1	

ARTICLE XII. Competition / Meet Formats

The NATL understands that the structure and scheduling of an event is primarily determined by how many teams are in attendance and the host venue's available space, facilities, and equipment. Listed below are different event formats and rotation schedules that Meet Directors and Event Producers can choose from to best fit their needs.

Section 12.01 Competition Bracket Types

Tournament Bracket

- A seeding round will be used to establish preliminary rankings for each team in each division using a single, prespecified skill from each of the 4 compulsory areas.
- Teams are placed into a single elimination, seeded bracket made up of head-to-head matchups.
- This seeding round may also be used to determine the break point for splitting divisions.

Group Tournament Ranking

- All teams in a given division will compete against each other in an open bracket.
- Each team's total aggregate score of all 5 events shall be used to determine final team rankings in each division, with the highest score(s) receiving 1st place.

Section 12.02 Warm-Up and Competitive Rotation Guidelines & Descriptions – One (1) Shared Floor - Competition and Warm-Up Floors on Same Floor

The following are guidelines and descriptions as to how to run an effective A&T Meet under the NATL system using one (1) shared competition and warm-up floor. Meet Directors reserve the right to make any changes to this format based on facility and schedule constraints to produce a better event.

i. BUILDING WARM-UPS

- Teams will report to the floor according to their Competition Order Number, which will be assigned by the Meet Director before the event begins. Refer to [Section 12.06.i ROTATION SCHEDULE CHARTS](#).
- The first 3 events (Acro, Pyramid, Toss) will be warmed up in one session, in groups of 4 teams at a time, with each group allotted 10 minutes to warm up all 3 skill areas in their assigned warm-up zones.
 - A timer will sound at 3:00 and 6:00 to aid coaches in dividing their time equally.
 - A 60-second warning will be sounded as the rotation ends.
- Teams are assigned to the following warmup zones based on their order number:
 - Zone 1 for Teams #1, #5, #9, etc.
 - Zone 2 for Teams #2, #6, #10, etc.
 - Zone 3 for Teams #3, #7, #11, etc.
 - Zone 4 for Teams #4, #8, #12, etc.
 - Refer to [Section 12.05 GRAPHIC 12A](#)
- Teams will warm up in groups of four (4) with one (1) team in each of the four (4) warm-up zones.
- After all teams have completed this phase of warm-ups, the first 3 events may begin.
- Refer to [Section 12.02.ii](#) for details on competing the first 3 events.

ii. ACRO, PYRAMID AND TOSS COMPULSORY ROUNDS

- Following warm-ups, teams will report the competition floor "on-deck" areas according to their Competition Order Number. Refer to [Section 12.06.i ROTATION SCHEDULE CHARTS](#).
- For the Building Compulsory Events (Acro, Pyramid, Toss), teams will first be called into one of two designated "on-deck" areas on the back corners of the competition floor. Refer to [Section 12.05 Graphic 12C](#). All athletes participating in the current event must report to the "On-Deck" area before competing. Athletes not competing in that round may wait in the on-deck area while their teammates take the floor to compete.

- Using alternating sides/on-deck areas, teams will move from their on-deck zone to the middle of the performance area to compete while the next team is waiting in their assigned on-deck area.
- While a team is performing, the athletes staged in the on-deck areas must remain silent and still. Failing to do so or causing a distraction to the other team may result in a deduction or disqualification.
- The Compulsory Acro, Pyramid, and Toss events will proceed in this fashion until all teams have completed these events.

iii. TUMBLING WARM-UPS

- Tumbling Warm-ups may begin as soon as the final team completes the Toss Event, which concludes the first three (3) events.
- Teams will warm up two (2) at a time according to their Competition Order Number.
 - Odd number teams will use **Zone 1**. Even number teams will use **Zone 2**.
 - Refer to [Section 12.05 GRAPHIC 12B](#).
- Teams will be allotted 5 minutes in their assigned zone to warm up for the Tumbling Event.
- The tumbling event may begin when the designated number of teams have warmed up according to the rotation schedule. Refer to [Section 12.02.iv](#) for details on competing the Tumbling Event.
- Teams will also be given a 60-second “floor touch” as they enter the floor for the competition round to run through formations and transitions. Skills may NOT be thrown during this touch.

iv. TUMBLING COMPULSORY ROUND

- Following warm-ups, teams will report the Competition Floor Staging Area according to their Competition Order Number.
- Team #1 will take the floor for a 60-second “floor touch” to run formations and transitions.
 - Skills are NOT allowed during this floor touch.
- Following the announcement of the end of this 60-second touch, Team #1 will compete.
- Team #2 will then take the floor for their “touch” and competition turn.
- The tumbling event will proceed in this fashion until all teams have completed the event.

v. TEAM ROUTINE WARM-UPS

- Team Routine warm-ups may begin as soon as the final team completes the Tumbling Event.
- Teams will be given 5 minutes on the full-size warm-up floor to prepare for the Team Routine Event.
- Refer to [Section 12.02.vi](#) for details on competing the Team Routine Event.
- Meet Directors reserve the right to alter the warm-up and competition rounds when there are more than four (4) teams in a division in order to keep teams from loitering too long after the warm-up and getting cold. For instance... Warm-up 3 Teams, compete 3 teams, warm-up next 3 teams, compete 3 teams, etc.

vi. TEAM ROUTINE EVENT

- The Team Routine event may begin once warm-ups have completed.
- Teams shall take the floor based on their Competition Order Number.
- Once the team is set & ready, and the Head Judge has signaled the panel is ready, a representative of the team shall start the routine music, or the music will be started by the sound system operator.
- Time starts at the first organized, choreographed movement or skill executed by the team, not the start of the music. This does not include getting “set” for the first skill while awaiting the start of the music. All athletes must have at least one body part (i.e. foot, knee, etc.) in contact with the performance surface before the music begins.
 - Refer to [Section 10.05.ii Time Limits](#) for details.
- Within the Team Routine, each squad is mandated to execute a synchronized trio tumbling pass to compete for *Best Trio Pass*.
 - Refer to [Section 10.05.iii Specialty Award: Best Trio Pass](#) for details.

Section 12.03 Warm-Up and Competitive Rotation Guidelines & Descriptions – Two (2) Full Floors - Separate Competition and Warm-Up Floors

The following are guidelines and descriptions as to how to run an effective A&T Meet under the NATL system using one (1) Competition Floor and a separate warm-up area with ideally a minimum of another full floor. As separate warm-up spaces will vary based on the stations available, the following is simply an example of how a meet could be run. Meet Directors reserve the right to make any changes to this format based on facility and schedule constraints to produce a better event. Contact The NATL with any questions or to get suggestions on how to best utilize your space to host a meet.

Note: The primary competition floor and separate warm-up spaces may be utilized simultaneously to accommodate more teams at the same time.

i. BUILDING WARM-UPS

- Teams will report to the warm-up floor area according to their Competition Order Number, which will be assigned by the Meet Director before the event begins.
 - Refer to [Section 12.06.ii ROTATION SCHEDULE CHARTS](#).
- The first 3 events (Acro, Pyramid, Toss) will be warmed up in one session, in groups of four (4) teams at a time, with each group being allotted 10 minutes to warm up all three (3) events in their assigned warm-up zones.
 - A timer will sound at the 3:00 and 6:00 minute mark to aid coaches in dividing their time equally.
 - A 60-second warning will be sounded as the rotation ends.
- Prior to the start of the meet, teams will be assigned a Competition Order Number. Teams are assigned to the following warmup zones based on their order number:
 - Zone 1 for Teams #1, #5, #9, etc.
 - Zone 2 for Teams #2, #6, #10, etc.
 - Zone 3 for Teams #3, #7, #11, etc.
 - Zone 4 for Teams #4, #8, #12, etc.
 - Refer to [Section 12.05 GRAPHIC 12A](#)
- Teams will warm up in groups of four (4), with one (1) team in each of the four (4) warm-up zones.
- After warm-ups, teams will report to the Competition Floor “on-deck” areas to compete.
- This first round of competition will begin immediately following the completion of the first group’s warm-up while subsequent groups continue to utilize the separate warm-up spaces.
- Refer to [Section 12.03.ii](#) for details on competing the first 3 events.

ii. ACRO, PYRAMID AND TOSS COMPULSORY ROUNDS

- Following warm-ups, teams will report the competition floor “on-deck” areas according to their Competition Order Number. Refer to [Section 12.06.ii ROTATION SCHEDULE CHARTS](#).
- For the Building Compulsory Events (Acro, Pyramid, Toss), teams will first be called into one of two designated “on-deck” areas on the back corners of the competition floor. Refer to [Section 12.05 Graphic 12C](#). All athletes participating in the current event must report to the “On-Deck” area before competing. Athletes not competing in that round may wait in the on-deck area while their teammates take the floor to compete.
- Using alternating sides/on-deck areas, teams will move from their on-deck zone to the middle of the performance area to compete while the next team is waiting in their assigned on-deck area.
- While a team is performing, the athletes staged in the on-deck areas must remain silent and still. Failing to do so or causing a distraction to the other team may result in a deduction or disqualification.
- The building events will proceed in this fashion until all teams have completed these events.
- Immediately following their Toss Event, before leaving the floor, each team will be given a **“60-Second Tumbling Touch”** to familiarize themselves with the floor spacing prior to the Tumbling Event.

iii. TUMBLING WARM-UPS

- If utilizing a separate space, Tumbling Warm-ups may begin as soon as the first team completes the Toss Compulsory Event. If not, utilizing the primary floor may begin as soon as the final team finishes Toss.
- Teams will warm up their tumbling two (2) teams at a time (or more if space permits) according to their Competition Order Number.

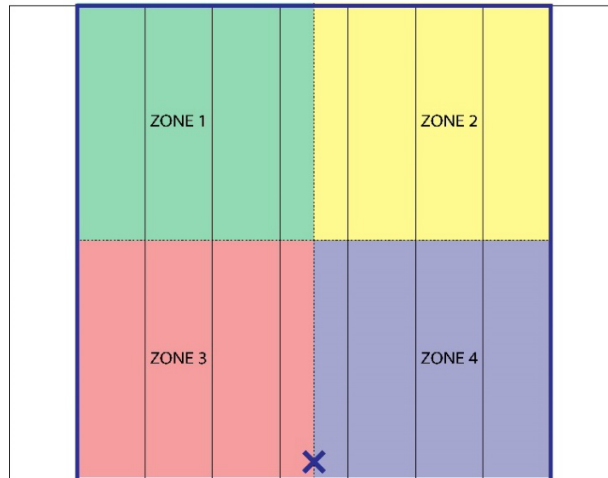
- Odd number teams will use **Zone 1**. Even number teams will use **Zone 2**.
 - Refer to [Section 12.05 GRAPHIC 12B](#).
 - Teams will be allotted 5 minutes in their assigned zone to warm up for the Tumbling Event.
 - After warm-ups, teams will report to the Competition Floor Staging Area to compete in the Tumbling Event.
 - Refer to [Section 12.03.iv](#) for details on competing the Tumbling Event.
 - If not provided following their Toss Event, teams will be given a 60-second “floor touch” prior to competing their tumbling to run through formations and transitions. Skills may NOT be thrown during this touch.
- iv. **TUMBLING COMPULSORY ROUND**
- Following warm-ups, teams will report to the Competition Floor Staging Area according to their Competition Order Number.
 - Team #1 will take the floor for a 60-second “floor touch” to run formations/transitions.
 - Skills are NOT allowed during this time.
 - Following the announcement of the end of this 60-second touch, Team #1 will compete.
 - Team #2 will then take the floor for their “touch” and competition turn.
 - The tumbling event will proceed in this fashion until all teams have completed the event.
- v. **TEAM ROUTINE WARM-UPS**
- Team Routine warm-ups may begin as soon as the first team completes the Tumbling Event.
 - Teams will be given 5 minutes on the full-size warm-up floor to prepare for the Team Routine Event.
 - Refer to [Section 12.03.vi](#) for details on competing the Team Routine Event.
- vi. **TEAM ROUTINE EVENT**
- Teams shall take the floor based on their Competition Order Number.
 - Once the team is set, and the Head Judge has signaled they are ready, a representative of the team or the music station attendant shall start the routine music.
 - Time starts at the first organized, choreographed movement or skill executed by the team, not the start of the music. This does not include getting “set” for the first skill while awaiting the start of the music. All athletes must have at least one body part (i.e. foot, knee, etc.) in contact with the performance surface before the music begins. Refer to [Section 10.05.ii Time Limits](#) for details.
 - Within the Team Routine, each squad is mandated to execute a synchronized trio tumbling pass to compete for *Best Trio Pass*. Refer to [Section 10.05.iii Specialty Award: Best Trio Pass](#) for details.

Section 12.04 Competitive Rounds Walk-Thru Examples:

- **Building Compulsories:**
 - Teams #1 and #2 will enter their assigned on-deck areas on the back corners of the competition floor.
 - When ready, the announcer will call Team #1 to move to the center of the floor to compete.
 - When ready, the Head Judge will signal Team #1 to perform. Wait for the Judges’ Salute to begin.
 - Team #2 must stand still and quietly in their on-deck area while Team 1 is performing.
 - Team #1 will exit the side of the floor immediately following their performance.
 - Team #3 will be called into their on-deck area as Team #1 exits the floor.
 - This transition time will be used by the judges to complete their scoring and tabulations.
 - When the judges are ready, the announcer will call Team #2 to the performance area and the Head Judge will signal them to compete in the event. Team #3 must be in their on-deck zone before the Head Judge signals Team #2 to begin.
 - Team #2 will exit from the side of the floor immediately following their performance while Team #4 is called into their on-deck area.
 - The Compulsory Acro, Pyramid, and Tumbling events will proceed in this fashion until all teams have completed these events.
- **Tumbling Compulsory:**
 - Teams take the floor one at a time to compete in this event.
- **Team Routine:**
 - Teams take the floor one at a time to compete in this event.

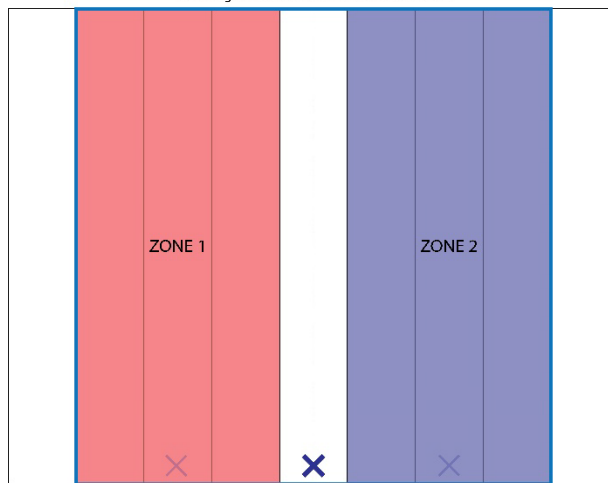
Section 12.05 Warm-Up & Competition Floor Zone Graphics

WARM-UP ZONES for Acro, Pyramid & Toss Events



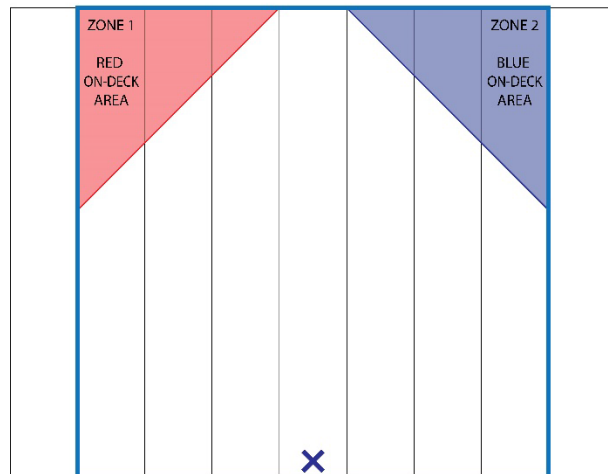
GRAPHIC 12A

Example of 2nd Floor Zones for Warming Up
Tumbling with More Than One Team at a Time.



GRAPHIC 12B *May be divided into more zones as needed.

Competition "On-Deck" Area for Compulsory Acro, Pyramid & Toss Events



GRAPHIC 12C

Teams will be assigned a color at the start of the meet. When called "on-deck," all athletes participating in that event round will step into the designated space.

ii. **Two (2) Full Floors - Separate Competition and Warm-Up Floors**

This is merely an example of a rotation schedule that can be used.

Meet Directors reserve the right to organize the rotation schedule in any way they feel expedites their event.

2 Teams		3 Teams		4 Teams		5 Teams		6 Teams		7 Teams		8 Teams	
2 Teams // 2 Full Floors (1 Competition & 1 Warm-Up Floor)		3 Teams // 2 Full Floors (1 Competition & 1 Warm-Up Floor)		4 Teams // 2 Full Floors (1 Competition & 1 Warm-Up Floor)		5 Teams // 2 Full Floors (1 Competition & 1 Warm-Up Floor)		6 Teams // 2 Full Floors (1 Competition & 1 Warm-Up Floor)		7 Teams // 2 Full Floors (1 Competition & 1 Warm-Up Floor)		8 Teams // 2 Full Floors (1 Competition & 1 Warm-Up Floor)	
WU Floor	Comp Floor	WU Floor	Comp Floor	WU Floor	Comp Floor	WU Floor	Comp Floor	WU Floor	Comp Floor	WU Floor	Comp Floor	WU Floor	Comp Floor
Stunt WU		Stunt WU		Stunt WU		Stunt WU		Stunt WU		Stunt WU		Stunt WU	
10min	Team 1 - Z1 Team 2 - Z2	10min	Team 1 Team 2 Team 3	10min	Team 1 Team 2 Team 3 Team 4	10min	Team 1 Team 2 Team 3 Team 4 Team 5	10min	Team 1 Team 2 Team 3 Team 4 Team 5 Team 6	10min	Team 1 Team 2 Team 3 Team 4 Team 5 Team 6 Team 7	10min	Team 1 Team 2 Team 3 Team 4 Team 5 Team 6 Team 7 Team 8
Acro Event		Acro Event		Acro Event		Acro Event		Acro Event		Acro Event		Acro Event	
Team 1 - Z1 Team 2 - Z2		Team 1 Team 2 Team 3		Team 1 Team 2 Team 3 Team 4		Team 1 Team 2 Team 3 Team 4 Team 5		Team 1 Team 2 Team 3 Team 4 Team 5 Team 6		Team 1 Team 2 Team 3 Team 4 Team 5 Team 6 Team 7		Team 1 Team 2 Team 3 Team 4 Team 5 Team 6 Team 7 Team 8	
Pyramid Event		Pyramid Event		Pyramid Event		Pyramid Event		Pyramid Event		Pyramid Event		Pyramid Event	
Team 1 - Z1 Team 2 - Z2		Team 1 Team 2 Team 3		Team 1 Team 2 Team 3 Team 4		Team 1 Team 2 Team 3 Team 4 Team 5		Team 1 Team 2 Team 3 Team 4 Team 5 Team 6		Team 1 Team 2 Team 3 Team 4 Team 5 Team 6 Team 7		Team 1 Team 2 Team 3 Team 4 Team 5 Team 6 Team 7 Team 8	
Toss Event		Toss Event		Toss Event		Toss Event		Toss Event		Toss Event		Toss Event	
Team 1 - Z1 Team 2 - Z2		Team 1 Team 2 Team 3		Team 1 Team 2 Team 3 Team 4		Team 1 Team 2 Team 3 Team 4 Team 5		Team 1 Team 2 Team 3 Team 4 Team 5 Team 6		Team 1 Team 2 Team 3 Team 4 Team 5 Team 6 Team 7		Team 1 Team 2 Team 3 Team 4 Team 5 Team 6 Team 7 Team 8	
Tumbling WU		Tumbling WU		Tumbling WU		Tumbling WU		Tumbling WU		Tumbling WU		Tumbling WU	
5min	Team 1	5min	Team 1 Team 2	5min	Team 1 Team 2 Team 3 Team 4	5min	Team 1 Team 2 Team 3 Team 4 Team 5	5min	Team 1 Team 2 Team 3 Team 4 Team 5 Team 6	5min	Team 1 Team 2 Team 3 Team 4 Team 5 Team 6 Team 7	5min	Team 1 Team 2 Team 3 Team 4 Team 5 Team 6 Team 7 Team 8
Tumbling Event		Tumbling Event		Tumbling Event		Tumbling Event		Tumbling Event		Tumbling Event		Tumbling Event	
Team 2 Team 1		Team 1 Team 2 Team 3		Team 1 Team 2 Team 3 Team 4		Team 1 Team 2 Team 3 Team 4 Team 5		Team 1 Team 2 Team 3 Team 4 Team 5 Team 6		Team 1 Team 2 Team 3 Team 4 Team 5 Team 6 Team 7		Team 1 Team 2 Team 3 Team 4 Team 5 Team 6 Team 7 Team 8	
Team WU		Team WU		Team WU		Team WU		Team WU		Team WU		Team WU	
5m	Team 2	5m	Team 1 Team 2	5m	Team 1 Team 2 Team 3 Team 4	5m	Team 1 Team 2 Team 3 Team 4 Team 5	5m	Team 1 Team 2 Team 3 Team 4 Team 5 Team 6	5m	Team 1 Team 2 Team 3 Team 4 Team 5 Team 6 Team 7	5m	Team 1 Team 2 Team 3 Team 4 Team 5 Team 6 Team 7 Team 8
Team Routine Event		Team Routine Event		Team Routine Event		Team Routine Event		Team Routine Event		Team Routine Event		Team Routine Event	
Team 2 Team 1		Team 1 Team 2 Team 3 Team 1		Team 1 Team 2 Team 3 Team 4 Team 1		Team 1 Team 2 Team 3 Team 4 Team 5 Team 1		Team 1 Team 2 Team 3 Team 4 Team 5 Team 6 Team 1		Team 1 Team 2 Team 3 Team 4 Team 5 Team 6 Team 7 Team 1		Team 1 Team 2 Team 3 Team 4 Team 5 Team 6 Team 7 Team 8 Team 1	

ARTICLE XIII. Event, Overall and Specialty Awards

Section 13.01 Compulsory Event Awards

- Top scores in the compulsory rounds are awarded with an Event Pin for each of the following categories:
 1. Compulsory Acro
 2. Compulsory Pyramid
 3. Compulsory Toss
 4. Compulsory Tumbling
- Each athlete on the top scoring team receives the Event Pin regardless of participation in the actual event.
- Tying teams each receive pins.

Section 13.02 Overall Awards

- Meet Directors are required to announce all scores and final placements.
- How placements are awarded (i.e., banners, trophies, and medals) are at the discretion of the Meet Host/Director.

Section 13.03 Specialty Awards

- The top score in the Routine Trio Pass is awarded an Event Pin. Only the three (3) athletes executing the pass in the routine are awarded this specialty pin.
- Tying scores each receive pins.

Section 13.04 Alternate Awards Formats

Meet Directors may opt to use alternative formats when determining final placement awards in divisions that are split by Bonus, Coed or Size. This is to be utilized in cases where there is one (1) team set apart from the rest of the division by the current “split line.” (Refer to [Section 5.08a & 5.08b](#) for details on Division Splits.) In general, this is used to allow a team that has an inherent advantage in the division to compete alongside the rest of the teams to determine their earned placement without disturbing the placements of the other teams.

For Example, in a division with only one (1) COED team, when using this alternate format, the COED team shall receive the final ranking their overall score would earn without effecting the ranks of the non-coed squads. For instance:

- If the COED squad’s score is the highest, they receive 1st Place as does the highest scoring All-Girl squad.
 - The remaining All-Girl team placements pick up at 2nd place and proceed through the remaining placements.
- If the COED squad’s score would be 3rd, they receive 3rd place as does the next All-Girl score in the ranking.
 - The remaining All-Girl team placements pick up at 4th place and proceed through the remaining placements.
- This would operate in an identical fashion when using Bonus / Non-Bonus, or any other type of division split.

ARTICLE XIV. Inaugural Season Team Exemptions

Section 14.01 Concept

The NATL's primary mission is always the growth of the sport of A&T, and we strongly believe this is best achieved by making the sport more accessible to new clubs. Being able to form the minimum number of compulsory stunt groups can be one of the first big hurdles to getting a team or program into competition. The following exemptions are extended to teams competing in their 1st season as an A&T club and are intended to lessen the demands on these teams in order to expedite their joining of and participation in our league.

Section 14.02 Team Criteria

- A team/program must be competing in their first NATL Calendar Season (i.e., 2023-24.) as established by the league's annual membership cut-off dates.
- This does not include teams competing in a specific level or division for the first time.
- Teams having competed previously in another league may still apply for these exemptions. The Leadership Committee will determine exemption qualification in these cases through an interview process with the incoming team.
- Once a team opts to compete at "full strength" without the use this exemption in any skill category, they may not go back to using this exemption without reapplying with the committee.
- The Leadership Committee may determine, through observation at live events, that a team/program is no longer in need of the exemption or is gaining an unfair advantage from it, at which time that team will be notified that they will no longer receive the exemption at future events.

Section 14.03 Compulsory Exemptions

- i. Compulsory Quantities:
 - a. Acro:
 - May use 1 Acro/Stunt Group for full credit when the R&P calls for 2.
 - May use 2 Partner Groups when it calls for 4.
 - b. Pyramid:
 - Coaches may assist in the loading or dismounting of a pyramid if there are not enough rostered athletes on the team to meet the minimum requirement for a given pyramid. Coaches may not be a primary base or flyer.
 - c. Toss:
 - May use 1 Toss Group when it calls for 2.
 - d. Tumbling:
 - No tumbling exemptions. This need is addressed by the new Compulsory Tumbling Quantity Chart.

Section 14.04 Performance Order

- Unless it cannot be avoided, Inaugural Season teams will not be expected to perform first in any category until they've attended at least (2) two NYATA meets. If drawn to perform 1st, these teams will be moved to 3rd or later in the performance order as determined by the Meet Director.

ARTICLE XV. Open Event Optionals

Section 15.01 Concept

In response to high demand from member programs, The NATL will be providing event producers the ability to offer “Open Events”, sometimes referred to as “Optionals”, in their competition formats for the 2023-24 season. These events are opportunities for athletes to showcase skills not included in the Compulsory Events. Increased start values are attained by increased difficulty. Athletes and coaches will select & combine the skills they choose to build the highest possible start value. Teams are not required to enter in “Open Events” as they do not affect a team’s final standing in the Overall.

Section 15.02 Open Event Categories:

- Open 5 Element Acro/Stunt (Solo & Sync Categories)
- Open Pyramid (Solo & Sync Categories)
- Open Toss (Solo & Sync Categories)
- Open Solo & Trio Tumbling Passes (Solo & Sync Categories)

Section 15.03 Open Event Format Options (To be determined by the Meet Director):

1. Standalone Optional Rounds: Competitors from each team will be called to the floor one at a time to perform in each Open Event Category. This will be held as its own round of events either (1) in between Compulsories and the Team Routines -or- (2) as a free-standing event in a separately scheduled session.
2. Optional Sequence: Teams will perform each of their “Open Events” all in one combined appearance on the floor. This will be held as its own event round in between Compulsories and Team Routines.
3. Inclusion in Compulsory Round: Teams will tack on their “Open Event” skills to the end of the corresponding Compulsory Event floor appearance. Meaning each team will take the floor one time to execute their Compulsory and Open Acro, one time for Compulsory and Open Pyramid, and so on for Toss and Tumbling.

Section 15.04 Awards for Optional Events

- As not all teams will compete in the “Open Events” these scores will not be included in the determination of the Overall Champions for each division.
- Winners will be awarded in each Open Event Category.
- Scores for each Optional Event may also be combined with the corresponding Compulsory scores to determine the Team Champion in each skill category (i.e., Acro Champ, Pyramid Champ, etc.)

Section 15.05 Start Values