

USA Gymnastics Team Acro and Tumbling Count Chart

YOUTH					
Compulsory Counts: Stunting / Acro					
		Action			Action
	5		5	1	Move
	6			2	
	7			3	
	8			4	
1	1	Dip to Hang		5	
	2			6	
	3			7	Set
	4			8	
	5	Bases Grab Feet	6	1	Dip to Shoulder Stand
	6			2	
	7			3	
	8			4	
2	1	Dip to Prep		5	Top's Arms Hit
	2			6	
	3			7	
	4			8	
	5	Top's Arms Hit	7	1	Grab
	6			2	
	7			3	
	8			4	
3	1	Dip to Cradle		5	Jump to ground
	2			6	
	3			7	
	4	Throw		8	
	5		8	1	Stand
	6	Catch		2	
	7			3	
	8			4	
4	1	Dip for lateral 180		5	
	2			6	
	3			7	
	4	Throw lateral 180		8	
	5				
	6				
	7	Out			
	8				

*USA Gymnastics Team Acro and Tumbling **Count Chart***

JUNIOR					
Compulsory Counts: Stunting / Acro					
		Action			Action
	5		5	1	Dip to hang
	6			2	
	7			3	
	8			4	
1	1	Dip to Toe Pitch 180		5	Grab Feet
	2			6	
	3			7	
	4			8	
	5		6	1	Dip to Vertical
	6			2	
	7			3	
	8			4	
2	1	Side base Grabs Foot		5	Top's Arms Hit
	2			6	
	3			7	
	4			8	
	5	Dip to Arabesque	7	1	Dip 3/4 front salto
	6			2	
	7			3	
	8			4	
3	1	Hit Arabesque		5	Throw
	2			6	
	3			7	
	4			8	
	5	Grab Hands	8	1	
	6			2	
	7	Dip 3/4 front tuck		3	Toss 3/4 back to ground
	8			4	
4	1			5	
	2			6	
	3	Stand		7	Stand
	4			8	
	5				
	6				
	7	Set			
	8				

*USA Gymnastics Team Acro and Tumbling **Count Chart***

SENIOR					
Compulsory Counts: <i>Stunting / Acro</i>					
		Action			Action
	5		8	1	Top Moves Hands to Wrists
	6			2	
	7	Set		3	
	8			4	
1	1	Dip to Reverse Hands		5	
	2			6	
	3			7	
	4			8	
	5		9	1	
	6			2	
	7			3	
	8			4	
2	1			5	Dip to Dismount
	2			6	
	3			7	
	4			8	
	5	Dip to Back Tuck	10	1	
	6			2	
	7	Toss		3	
	8			4	
3	1	Land		5	Stand
	2			6	
	3			7	
	4			8	
	5	Stand	11	1	
	6			2	
	7			3	
	8			4	
4	1			5	
	2			6	
	3			7	Set
	4			8	
	5		12	1	Dip for Liberty
	6			2	
	7	Set		3	Switch Liberty
	8			4	

*USA Gymnastics Team Acro and Tumbling **Count Chart***

5	1	Step Up		5	
	2			6	
	3	Dip		7	
	4			8	
	5	Straddle	13	1	Top Drop Leg
	6			2	
	7			3	Hit Arabesque
	8			4	
6	1			5	
	2			6	
	3			7	
	4			8	
	5	Dip to Inversion		1	Dip for Double Twist
	6			2	
	7	Hit Inversion		3	Toss
	8			4	
7	1			5	
	2			6	
	3			7	Out
	4			8	
	5		13	1	Stand
	6				
	7				
	8				

*USA Gymnastics Team Acro and Tumbling **Count Chart***

YOUTH					
Compulsory Counts: Balance / Pyramid					
		Action			
	5				
	6				
	7				
	8				
1	1	Dip to Hang (group 1)			
	2				
	3				
	4				
	5	Grab Feet (group 1) Dip to Hang (group 2)			
	6				
	7				
	8				
2	1	Dip to Prep (group 1) Grab Feet (group 2)			
	2				
	3				
	4				
	5	Sit on Back base lower feet (group 1) Top's Hands on Thighs of sitting top (group 2)			
	6				
	7				
	8				
3	1	Toss top to Handstand (group 2)			
	2				
	3	Top hits Handstand (group 2)			
	4				
	5				
	6				
	7				
	8				
4	1	180 down to Cradle (group 2)			
	2				
	3	drop top feet (group 1)			
	4				
	5	Set out top (group 2)			
	6				
	7	Stand			
	8				

*USA Gymnastics Team Acro and Tumbling **Count Chart***

JUNIOR					
Compulsory Counts: Balance / Pyramid					
		Action			
	5				
	6				
	7				
	8				
1	1	Dip to Hang (group 1)			
	2				
	3				
	4				
	5	Grab Feet (group 1) Dip to Hang (group 2)			
	6				
	7				
	8				
2	1	Dip to Prep (group 1) Grab Feet (group 2)			
	2				
	3				
	4				
	5	Sit on Back base (group 1) Top's Hands on Thighs of sitting top (group 2)			
	6				
	7				
	8				
3	1	Toss top to Handstand (group 2)			
	2				
	3	Top hits Handstand (group 2)			
	4				
	5				
	6				
	7				
	8				
4	1	180 down to Cradle (group 2)			
	2				
	3	drop top feet (group 1)			
	4				
	5	Set out top (group 2)			
	6				
	7	Stand			
	8				

*USA Gymnastics Team Acro and Tumbling **Count Chart***

SENIOR					
Compulsory Counts: Balance / Pyramid					
		Action			Action
	5		5	1	
	6			2	
	7			3	
	8			4	
1	1	Dip to Shoulder Sit		5	180 Dismount
	2			6	
	3			7	
	4			8	
	5		6	1	Shoulder Sits Clean
	6			2	
	7			3	Shoulder Sits Turn Out
	8			4	
2	1	Set		5	
	2			6	
	3	Dip		7	Shoulder Sits Dismount
	4			8	
	5		7	1	Cradle Sets Out
	6			2	
	7			3	Stand
	8				
3	1				
	2				
	3	Grab Hands			
	4				
	5				
	6				
	7				
	8				
4	1	Toss Top to Handstand			
	2				
	3				
	4				
	5				
	6				
	7				
	8				

*USA Gymnastics Team Acro and Tumbling **Count Chart***

YOUTH					
Compulsory Counts: <i>Dynamic / Toss</i>					
		Action			
	5				
	6				
	7				
	8				
1	1	Jump into basket			
	2				
	3				
	4				
	5	Stand			
	6				
	7				
	8				
2	1	Dip			
	2				
	3				
	4	Toss			
	5				
	6				
	7	Catch			
	8				
3	1				
	2				
	3	3/4 Back Toss			
	4				
	5	Land			
	6				
	7	Stand			

USA Gymnastics Team Acro and Tumbling **Count Chart**

JUNIOR				
Compulsory Counts: Dynamic / Toss				
		Action		
	5			
	6			
	7			
	8			
1	1	Jump into basket		
	2			
	3			
	4			
	5	Stand		
	6			
	7			
	8			
2	1	Dip		
	2			
	3			
	4	Toss		
	5			
	6			
	7	Catch		
	8			
3	1			
	2			
	3	Out		
	4			
	5	Stand		
	6			
	7			
	8			
4	1			

*USA Gymnastics Team Acro and Tumbling **Count Chart***

SENIOR					
Compulsory Counts: <i>Dynamic / Toss</i>					
		Action			
	5				
	6				
	7				
	8				
1	1	Jump into basket			
	2				
	3				
	4				
	5	Stand			
	6				
	7				
	8				
2	1	Dip			
	2				
	3				
	4	Toss			
	5				
	6				
	7	Catch			
	8				
3	1				
	2				
	3	Out			
	4				
	5	Stand			
	6				
	7				
	8				
4	1				

USA Gymnastics Team Acro and Tumbling **Count Chart**

YOUTH					
Compulsory Counts: Tumbling					
		Action			Action
	5		6	1	Go front-HS-RO-BHS
	6			2	
	7			3	
	8			4	
1	1	Swing for BHS		5	
	2			6	
	3			7	
	4	Land		8	
	5		7	1	
	6			2	
	7	Stand		3	Land
	8			4	
2	1	Hold		5	Stand
	2			6	
	3			7	
	4			8	
	5	Set for handstand	8	1	Hold
	6			2	
	7			3	
	8			4	
3	1	Kick to handstand		5	
	2			6	
	3			7	
	4			8	
	5	Snap down	9	1	Go RO-BHS-BHS
	6			2	
	7	Straddle jump		3	
	8	Land		4	
4	1			5	
	2			6	
	3	Stand		7	
	4			8	
	5	Move	10	1	
	6			2	
	7			3	Land
	8			4	
5	1	Hold		5	Stand
	2			6	
	3			7	
	4			8	
	5				
	6				
	7				
	8				

USA Gymnastics Team Acro and Tumbling Count Chart

JUNIOR					
Compulsory Counts: Tumbling					
		Action			Action
	5		6	1	Go RO-BHS-Tuck
	6			2	
	7			3	
	8			4	
1	1	Swing for Back Tuck		5	
	2			6	
	3	Salto		7	
	4	Land		8	
	5		7	1	
	6			2	
	7	Stand		3	Land
	8			4	
2	1	hold		5	Stand
	2			6	
	3			7	
	4			8	
	5		8	1	Hold
	6			2	
	7			3	
	8			4	
3	1	High V		5	
	2			6	
	3	Whip		7	
	4	Hit Straddle Jump		8	
	5	Land	9	1	Go RO-BHS-BHS-Tuck
	6	BHS step-out		2	
	7	Land		3	
	8			4	
4	1	Stand		5	Stand
	2			6	
	3	Move		7	
	4			8	
	5		10	1	
	6			2	
	7			3	
	8			4	
5	1	Hold		5	
	2			6	
	3			7	
	4			8	
	5				
	6				
	7				
	8				

*USA Gymnastics Team Acro and Tumbling **Count Chart***

SENIOR					
Compulsory Counts: Tumbling					
		Action			Action
	5		6	1	Sit Standing BHS
	6			2	Hands (BHS)
	7			3	Feet (BHS)
	8			4	Salto
1	1	Swing for Back Tuck		5	Land
	2			6	
	3	Salto		7	
	4	Land		8	
	5		7	1	Stand
	6			2	
	7	Stand		3	Move
	8			4	
2	1	hold		5	
	2			6	
	3			7	
	4			8	
	5		8	1	Hold
	6			2	
	7			3	
	8			4	
3	1	High V		5	
	2			6	
	3	Whip		7	
	4	Hit Straddle Jump		8	
	5	Land	9	1	Hold
	6	BHS step-out		2	
	7	Land		3	
	8			4	
4	1			5	
	2			6	
	3	Stand		7	
	4			8	
	5		10	1	Go RO-BHS-Layout
	6			2	
	7			3	
	8			4	
5	1	Hold		5	
	2			6	
	3			7	
	4			8	
	5		11	1	
	6			2	
	7			3	
	8			4	
				5	Stand