

YOUTH

Team A&T Highlights

- **Floor Exercise / Team Event**
 - 1.0 – 1.5 minutes
 - Min 10 athletes to max of 15 athletes
 - Routine has required skills
 - Only one skill category may be performed at a time

- **Special Requirement 1: Stunting / Acro**
 - 5 Acro Elements
 - Elements must be from compulsory elements.

- **Special Requirement : Balance / Pyramid**
 - 1 Balance Element
 - Must be compulsory element

- **Special Requirement 3: Dynamic / Toss**
 - 2 Dynamic Elements
 - Must be compulsory elements

- **Special Requirement 4: Standing Tumbling**
 - Handstand, Snap Down, Straddle Jump, Stick

- **Special Requirement 5: Running Tumbling**
 - Front Handspring, Roundoff, Back Handspring, Stick

- **Special Requirement 6: Floor Routine Construction**
 - 50% of the team must perform 2-8 counts of dance.
 - Dance may be performed during Stunting, Balance and Dynamic but not during tumbling.

JUNIOR

Team A&T Highlights

- **Floor Exercise / Team Event**
 - 1.5– 2.0 minutes
 - Min 10 athletes to max of 15 athletes
 - Routine has required skills
 - Only one skill category may be performed at a time

- **Special Requirement 1: Stunting / Acro**
 - 15 Stunting Elements, Max 2 high
 - Max 1 flip from shoulder or below
 - Elements must be from the novice and junior compulsory elements.

- **Special Requirement 2: Balance / Pyramid**
 - 2 Balance Element, Max 2 high
 - Repeat the 1 listed compulsory element

- **Special Requirement 3: Dynamic Elements / Toss**
 - 3 Dynamic/ Toss Elements
 - Max 1 flip per element
 - Elements from the Youth or Junior compulsory list, repeating 1 element

- **Special Requirement 4: Standing Tumbling**
 - 1 standing element, up to 1/1 twist
 - All athletes must do
 - Elements from the Youth or Junior compulsory list

- **Special Requirement 5: Running Tumbling**
 - 1 running element , up to 1/1 Twist
 - Min 5 athletes, bonus 0.3 for each additional athletes
 - Must be from Youth or Junior compulsory list

- **Special Requirement 6: Floor Routine Construction**
 - Routine Construction is worth .5 pts
 - Dance Composition & Artistry - .5 pts
 - 50% of the team must perform 2-8 counts of dance.
 - Dance may be performed during Stunting, Balance and Dynamic but not during tumbling.

SENIOR

Team A&T Highlights

- **Floor Exercise / Team Event**
 - 2.0-2.5 minutes
 - Min 12 athletes to max of 24 athletes
 - Routine has required skills and optional skills
 - Only one skill category may be performed at a time
 - Running and standing tumbling considered one (1) category

- **Special Requirement 1: Stunting / Acro**
 - 30 Stunting Elements
 - Repetition rules unless skills synchronized

- **Special Requirement 2: Balance / Pyramid**
 - 4 Balance Element (2.5 high)
 - Repetition rules unless skills synchronized

- **Special Requirement 3: Dynamic Elements / Toss**
 - 5 Dynamic Elements
 - Repetition rules unless skills synchronized

- **Special Requirement 4: Standing Tumbling**
 - 1 standing tumbling pass
 - All Athletes must do pass

- **Special Requirement 5: Running Tumbling**
 - 1 running element
 - All Athletes must do pass

- **Special Requirement 6: Floor Routine Construction**
 - Routine Construction is worth .5 pts
 - Dance Composition & Artistry - .5 pts
 - 50% of the team must perform 2-8 counts of dance.
 - Dance may be performed during Stunting, Balance and Dynamic but not during tumbling.