

Acrobatics \& Tumbling | Ferrell Center | Waco, Texas | @BaylorAcroTumb | BaylorBears.com

BAYLOR HIGH SCORES IN 2020
COMPULSORY - Total:
Heat 1 (Acro):
Heat 2 (Pyramid):
Heat 3 (Toss):
Heat 4 (Tumbling):
38.55
9.50
9.90
9.85
9.35

ACRO - Total:
29.25

Heat 1 (5 Element):
9.70

Heat 2 (6 Element):
Heat 3 (7 Element):
PYRAMID-Total:
9.80
9.90

Heat 1 (Inversion):
29.65

Heat 2 (Synchronized):
9.95

Heat 3 (Open):
TOSS - Total:
Heat 1 (450 Salto):
Heat 2 (Synchronized):
Heat 3 (Open):
TUMBLING - Total:
Heat 1 (Duo):
Heat 2 (Triple):
Heat 3 (Quad):
Heat 4 (Aerial):
Heat 5 (6 Element):
Heat 6 (Open):
TEAM -
(SV:108.40) 99.80
\#1 Baylor (3-0) vs Gannon University (2-0)
Tuesday, March 3, 2020
6:00 p.m. CT Ferrell Center | Waco, Texas

Series History: Baylor leads, 4-0 In Waco: Baylor leads, 3-0


In NCATA Tournament: Baylor leads, 1-0
Last Meeting: Baylor 279.200, Gannon 263.390 on April 25th, 2019 in Waco, Texas for NCATA National Championship - Quarters

Live Scoring/Video/Blog: BaylorBears.com
Live Updates on Twitter: @BaylorAcroTumb

## STORYLINES

- The Bears and Knights will meet for the 5 th time in program history and first time this season.
- The last meeting for the Bears and Knights was the NCATA Championship - Quarters on April 25th, 2019. Bears won 279.200-263.390 in the Ferrell Center.
- Baylor leads 4-0 in series history against the Knights.
- Baylor carries a 4-meet win streak into Tuesday's matchup with 3 of those wins at home.
- The Bears are currently 56-1 all-time under sixth-year head coach Felecia Mulkey.

MEETTOTAL: 281.350 (vs Oregon on Feb. 23rd)

## 2020 SCHEDULE \& RESULTS

DATE
Feb. 1 at Mary Hardin-Baylor
Feb. 9 at Limestone College
Feb. 23 Oregon
Mar. 3 Gannon University
Mar. 9 at Presbyterian College/St. Leo University
Mar. 22 at Quinnipiac
Mar. 28 Azusa Pacific University (Calif.) April 4
April 23 TBD (NCATA Championship)
April 24 TBD (NCATA Championship)
April 25 TBD (NCATA Championship)

LOCATION Belton, TX.
Gaffney, TX. WACO WACO
Clinton, SC.
Hamden, CT.
WACO
Eugene, OR
Eugene, OR
Eugene, OR
Eugene, OR

RESULT/TIME (CT)
W, 266.305-225.655
W, 277.205-263.000
W, 281.350-275.475
TBD/6:00 P.M. CT
TBD/7:00 P.M. CT
TBD/2:00 P.M. CT
TBD/5:00 P.M. CT
TBD/12:00 P.M. CT
TBD
TBD
TBD

## TEAM NOTES

## SETTING THE BAR

Baylor has outscored their opponents by an average of 20.25 points in their first three meets of the 2020 season.

JUST WIN, BABY
Baylor head coach Felecia Mulkey has won all nine NCATA National Championships since the sport's first postseason tournament in the 2011 season. Mulkey won four titles while coaching at Oregon from 20092014, and has won the last five as head coach of the Bears from 20152019.

## MORE W'S, PLEASE

Mulkey is currently 56-1 during her stint as head coach of the Bears. Her only loss came in 2017 to her former school, Oregon.

## GOING STREAKING

The Bears have won 34 consecutive meets dating back to February 25, 2017, when they last lost to Oregon 285.025 to 277.900 in Eugene, Ore.

## YOU SHOULD SEE THEM IN A CROWN

In 2019, Baylor had multiple athletes including senior top Ashley Echelberger as NCATA Most Outstanding Athlete, junior top Joie Hensley as NCATA Specialist of the Year, and four NCATA All-Americans in senior top/ base Kaylee Adams, senior top Hope Bravo, senior base Ceara Gray and Echelberger.

## BACK TO BACK TO BACK TO BACK

Baylor has won five consecutive NCATA national championships, all under head coach Felecia Mulkey. From 2015 to 2019, the Bears have dominated the sport, going 56-1 while picking up the five titles.

## REACHING NEW HEIGHTS

In their March 26, 2019 meet vs. Converse, the Bears set a program record with a 58.875 score in the tumbling event.

ON AND OFF THE MAT
Baylor landed 18 student-athletes on the 2019 NCATA Academic Honor Roll.

QUICK FACTS

| UNIVERSITY |  |
| :--- | ---: |
| Location: | Waco, Texas |
| Chartered: | 1845, by Republic of Texas |
| Enrollment: | 17,217 |
| President: | Dr. Linda A. Livingstone |
| Faculty Representative: | Jeremy Counseller |
| Director of Athletics: | Mack Rhoades |
| Sport Administrator: | Nancy Post |
| SWA: | Nancy Post |
| Conference: | Big 12 |
| Nickname: | Bears |
| Mascots: | Joy and Lady (live Black Bears) |
| Colors: | Green (PMS 560) \& Gold (PMS 1235) |
| Facility: | Ferrell Center ( 6,000 ) |


| ACROBATICS \& TUMBLING INFORMATION |  |
| :--- | ---: |
| 2020 Overall Record: | $3-0$ |
| Current Ranking: | No. 1 |
| Returners/Newcomers: | $28 / 14$ |

COACHING STAFF

| Head Coach: | Felecia Mulkey |
| :---: | :---: |
| Alma Mater, Year: | Kennesaw State,1997 |
| Career Record (years): | 99-4 (11th season) |
| Record at Baylor (years): | 56-1 (6th season) |
| Assistant Coach: | Kelsey Rowell |
| Alma Mater (Year): | Oregon, 2012 |
| Assistant Coach: | Kaelun Cowan |
| Alma Mater (Year): | Baylor, 2017 |
| Director of Operations: | Treasure Fields |
| Alma Mater (Year): | XXXXXXX |
| ATHLETIC COMMUNICATIONS |  |
| Associate AD, Communications: | ns: David Kaye |
| Assistant Director/A\&T Contact:E-mail: | act: Rachel Caton |
|  | Rachel_Caton@Baylor.edu |
| Assistant A\&T Contact | Trisha Porzycki |
| E-mail: Tris | Trisha_Porzycki@baylor.edu |
| Media Relations Fax: | 254-710-1369 |
| Office Mailing Address: 1 | 1500 S. University Parks Dr. Waco, TX 76706 |
| Official Athletics Website: | www.BaylorBears.com |
| Official Athletics Twitter Feed: | d: @BaylorAthletics |
| Official A\&T Twitter Feed: | @BaylorAcroTumb |

PROGRAM HISTORY

| First Season: | 2011 |
| :--- | ---: |
| All-Time Record: | $64-22$ |
| All-Time NCATA Championships Record: | $17-4$ |
| NCATA Appearances: | $9(2011-19)$ |
| NCATA Titles: | $4(2015-18)$ |
| NCATA Individual Event Titles | 28 |
| All-American Honors: | 19 |

COMPULSORY - Each team competes identical pre-determined set of skills with a pre-determined starting value of 10.0. There are four heats that include acro, pyramid, toss and tumbling. Each heat can score up to a perfect 10, with the total combined event score of 40 points.

ACRO - In the acro event, teams compete in three different heats of 5, 6, and 7 element acro skills. In the acro event, teams of typically 2-4 athletes will compete acrobatic movements demonstrating great strength, balance, technique and core from both the bases and tops. Each heat may score up to a perfect 10 with a total combined score in this event up to 30 points.

PYRAMID - In this event, teams compete in three individual heats of pyramids valued at up to 10 points per heat for a maximum of 30 points for the event. Teams want to use as few athletes as possible to create the most unique and difficult pyramid. Each heat has a different requirement: inverted top, synchronized and open.

TOSS - The toss event is a high-flying event with four athletes tossing a fifth athlete (top) high in the air, while completing flipping and/or twisting forward or backward. Two of the three heats are solo tosses while one heat is a synchronized toss. Each of the three toss heats may score up to 10 points each for a total maximum score for the event of up to 30 points.
TUMBLING - The tumbling event shows the sheer power of each team. Six heats construct the Tumbling Event with 10 points each for a maximum of 60 points for the event. Athletes may compete in both the synchronized portion and in one solo pass. In this event, tumbling combinations will feature difficulty, multiple flips, and twists in various passes with athletes tumbling both forward and backward.

TEAM - In this event, athletes perform synchronized choreographed skills in a $21 / 2$ minute routine set to music. Each team competes up to 24 athletes. Routines are composed to showcase all skill sets that have been competed in the previous five events. This event has a maximum of 110 points, making it extremely crucial to the outcome of the meet.

- The Bears are averaging a 37.63 score in the compulsory event in the 2020 season.
- Three heats of five total athletes (2-4 performing, one counter) make up the acro event. The Bears average a 28.93 in acro in the 2020 season.
- Baylor averages a score of 29.01 total in the pyramid in the 2020 season.
- The Bears average a 27.76 total in the toss event in the 2020 season.
- BU averages a 56.05 in the tumbling event in the 2020 season.
- In the team event, the Bears average a 95.17 total in the 2020 season.
- Baylor's starting value for the team event has increased over the duration of the season. Most recently, the Bears performed a team routine with an SV of 107.43 against Oregon (February 23rd).


## 2020 NUMERICAL ROSTER

| NO |  | NAME | POSITION CLASS | HOMETOWN/PREVIOUS SCHOOL |
| :---: | :---: | :---: | :---: | :---: |
| 2 | Kate Puentes | Base | SO | Yorba Linda, Calif./Yorba Linda HS |
| 3 | Drew Silker | Top/Tumbler | FR | Brighton, Tenn./Brighton HS |
| 4 | Abigail Luong | Top | FR | Loomis, Calif./Del Oro HS |
| 5 | Olivia Felton | Top | SO | Solon, lowa/Solon HS |
| 6 | Dayandrea Thompson | Top/Base | JR | Bolingbrook, III./Bolingbrook HS |
| 7 | Emily Tobin | Top/Tumbler | FR | Templeton, Calif./Templeton HS |
| 8 | Kamryn Kitchens | Top | FR | Kennesaw, Georgia/Mount Paran Christian School |
| 9 | Haley Mustafa | Base | FR | Placentia Calif./ Valenica HS |
| 12 | Shaye Lauro | Top | FR | Chicago, Illinois/ West Chicago Community High School |
| 13 | Ava White | Base/Top | SO | Waco, Texas/China Spring HS |
| 14 | Kristin Dyson | Top | FR | Woodstock, Georgia/Etowah HS |
| 15 | Madison Kruse | Base/Top | JR | Oviedo, Fla./Oviedo HS |
| 16 | Faith Spivey | Top | SR | Lakeland, Fla./McKeel Academy of Technology |
| 18 | Hannah Cobin | Base/Top | SO | Pipersville, Pa./Central Bucks East HS |
| 19 | Emily Hoppie | Top/Base | JR | Coppell, Texas/Coppell HS |
| 20 | Hannah Chrisman | Base/Top | SO | Pittsburgh, Pa./Norwin HS |
| 21 | Mercy Seay | Base | SO | Waco, Texas/Home School |
| 22 | Keri Collins | Top/Tumbler | FR | Houston,Texas/Woodway HSw |
| 23 | Kennedy Riley | Base/Top | SO | Atlanta, Ga./South Cobb HS |
| 24 | Alexsis Amrhein | Top | SR | Scottsburg, Ind./Scottsburg HS |
| 25 | Tori Harris | Tumbler | FR | Waco, Texas/Woodway HS |
| 26 | Jaila Williams | Base/Top | SO | Atlanta, Ga./Sequoyah HS |
| 27 | Briana Harris | Base | JR | Cibolo, Texas/Steele HS |
| 28 | Mikaela Robinson | Base | FR | Spring, Texas/Klein Collins HS |
| 29 | Jayla Simmons | Top | SO | Garden Ridge, Texas/North Thurston HS |
| 30 | Aundria Crittenden | Top | SO | Cumming, Ga./West Forsyth HS |
| 31 | Maddie McNamee | Top | SO | Nixa, Mo./Whitmore Online HS |
| 32 | Elise Manning | Base | SR | Belton, Texas/Belton HS |
| 33 | Alexis Fowlkes | Base | JR | Fresno, Calif./Clovis West HS |
| 34 | Navy Villar | Base | Fr | McKinney, Texas/Prosper HS |
| 35 | Sophia Ranni | Top | SO | Poughkeepsie, NY/Arlington HS |
| 36 | Raegan Dover | Base | SO | Alpharetta, Ga./South Forsyth HS |
| 39 | Kourtney Coven | Base | SO | Fort Lauderdale, Fla./Saint Thomas Aquinas HS |
| 40 | Karsyn Campbell | Top/Tumbler | FR | Elk Grove, Calif./Bradshaw Christian School |
| 41 | HannahSchumacher | Base/Base | SR | Monroe, Wash./Monroe HS |
| 42 | Alayja Reynolds | Top/Base | FR | Maricope/Arizona/Maricope HS |
| 43 | Camryn Bryant | Base | SR | Suwanee, Ga./Peachtree Ridge HS |
| 44 | Tawn Gurnsey | Top | SO | Winter Haven, Fla./All Saints Academy |
| 45 | Morgan Celum | Base/Base | JR | Georgetown, Texas/Georgetown HS |
| 47 | Esther Cuevas | Top | FR | Jacksonville, Fla./Trinity Christian Academy |
| 48 | Katherine Shiffer | Base | FR | Fairfac, VA./Robinson Secondary School |
| 49 | Raffaela Scotto | Base/Back | SO | Kemah, Texas/Lutheran South Academy |
| 50 | Faith Coor | Back/Base | SO | The Colony, Texas/The Colony HS |

Head Coach: Felecia Mulkey (Kennesaw State, 1997), sixth season at Baylor
Assistant Coaches: Kelsey Rowell (Oregon, 2012), third season at Baylor, Kaelun Cowan (Baylor 2017), first season at Baylor Director of Operations: Treasure Fields

PRONUNCIATIONS



## THE LAST TIME BAYLOR

Won at Home4/27/19 vs. Oregon (278.400-271.725)
Lost at Home. 4/12/14 vs. Azusa Pacific (280.880-277.960)
Won Away

$\qquad$
2/9/20 at Limestone (277.205-263.000)
Lost Away 2/25/17 at Oregon (285.025-277.900)
Won Neutral Meet 4/28/18 vs. Quinnipiac (283.360-274.650)
Lost Neutral Meet4/26/14 vs. Oregon (286.600-280.295)
Won by Less Than 1 Point 3/18/14 at Azusa Pacific (281.370-281.100)
Won by 1-2 Points .3/31/16 at Oregon (282.025-280.180)
Won by 2-5 Points ..... 4/8/18 at Oregon (286.750-284.285)
Won by 5-10 Points 4/27/19 vs. Oregon (278.400-271.725)
Won by 10 or More Points 2/9/20 at Limestone (277.205-263.000)
Lost by Less Than 1 Point. 2/23/14 at Quinnipiac (279.390-278.830)
Lost by 1-2 Points ..... N/A
Lost by 2-5 Points 4/12/14 vs. Azusa Pacific (280.880-277.960)Lost by 5-10 Points.s..
$\qquad$ .2/25/17 at Oregon (285.025-277.900)Lost by 10 or More Points.
$\qquad$ .4/6/13 vs Oregon (281.350-266.280) Largest Margin of Victory ......................................... 120.230 points, 2/9/19 at East Texas Baptist (282.180-161.950)Largest Margin of Loss19.895, 3/4/12 at Oregon (287.115-267.220)



FELECIA MULKEY

HEAD COACH | SXITH SEASON
KENNESAW STATE, 1997

Baylor acrobatics \& tumbling head coach Felecia Mulkey has completely changed the program since arriving in Waco in June of 2014. Entering her fifth season in 2019, she has led the Bears to four-straight National Collegiate Acrobatics \& Tumbling Association (NCATA) championships with a 41-1 four-year record and has tutored 13 NCATA All-Americans in her four seasons. Mulkey has won all eight NCATA titles in the sport's history. Baylor is 12-0 in NCATA National Championships under Mulkey

In 2018, the Bears went 11-0, the third undefeated season in four years en route to winning the program's fourth-straight NCATA title. Mulkey was named NCATA Coach fo the Year for the second time in her career. The 11 wins are a program record. The Bears defeated Quinnipiac, 283.360274.650, while winning all six events. Ceara Gray earned Most Outstanding Player and Kaylee Adams Specialist of the Year. Gray, Adams and Lauren Sturm earned All-America honors.

In 2017, Mulkey's squad went 9-1 and finished the season with eight straight wins to secure the program's third straight NCATA national title. When it was all said and done, the Bears had three NCATA All-Americans (Kiara Nowlin (NCATA Most Outstanding Player), Kaelyn Cowan and Lauren Sturm) for the second consecutive year and third time since 2013, five NCATA individual event titles, 15 Academic All-Big 12 At-Large honorees and a program-record four NCATA Player of the Week awards.

During the 2016 season, Mulkey led Baylor to a second straight perfect record (10-0) en route to claiming the 2016 NCATA national championship. Along the way, Kiara Nowlin, Shayla Moore and Kaelyn Cowan earned NCATA All-American honors.

After guiding the Oregon Ducks to four consecutive NCATA national championships in five years, Mulkey, in her first season as Baylor's head coach, guided the Bears to the program's first NCATA national championship, defeating the defending champion Oregon Ducks three times en route to the crown. The Bears posted a program-best 11-0 record. Sophomore Kiara Nowlin, freshman Shayla Moore and senior Keegan Johnson received 2015 NCATA All-America honors and the Bears claimed eight event titles. In addition, Nowlin was named the 2015 NCATA Most Outstanding Player and Moore earned Freshman of the Year recognition.

In her eight seasons as a head coach, Mulkey, a native of Atlanta, Ga., has an overall record of 73-4 while winning seven national titles, 48 event titles, coached 20 student-athletes to All-America honors with four earning athlete of the year awards.
Off the mat, Mulkey works tirelessly in growing the sport of acrobatics and tumbling. She continues to play a key role in the progression of acrobatics \& tumbling's effort to gain NCAA sport status. Prior to the 2010-11 season, Mulkey was a catalyst in developing the scoring format that is currently in practice in acrobatics and tumbling meets.

Prior to her stint at Oregon, Mulkey built the Kennesaw State competitive cheer program into a national powerhouse. The Owls finished fourth in the 2008 All-Women's Division I Collegiate Championships after capturing national titles in 2004 and 2005.

Mulkey, a 1998 Kennesaw State health and exercise science graduate, oversaw the development of a program that finished no worse than third nationally from 2001 through 2007. Her success resulted in the program ascending to the Division I level in 2006.

Prior to transferring and taking over the head coaching reins at the Kennesaw, Ga., school in May 1997, Mulkey cheered for two years at Southern Union State (Wadley, Ala.), and led the Bison to an eighth-place national finish in 1995.

In addition to directing the Owls' spirit and competitive programs, Mulkey served as the school's sports operations director from 2007-2008 as well as the sports marketing and promotions director from 2000-06.

KELSEY ROWELL
ASSISTANT COACH |THIRD SEASON
OREGON, 2012


After spending two seasons as an assistant coach at Oregon and the 2016 season as a volunteer assistant at Baylor, former Oregon All-American Kelsey Rowell is in her third season as an assistant coach of the Baylor acrobatics and tumbling team.
"I am delighted to have Kelsey join our Baylor staff," said Mulkey. "She knows the girls and the program and will be a fantastic asset to Baylor. She brings a wealth of knowledge and experience and will be invaluable to our program."
"I am beyond excited and grateful to officially be a Baylor Bear. The support from the school and administration is absolutely amazing here at Baylor. I am eager for fall to arrive to get to work on another championship season with the best team in the country," said Rowell.

In her second season as an assistant coach, Rowell helped the program win its fourth-straight NCATA title (second under her tenure). The Bears won six NCATA individual event titles and she coached three NCATA All-Americans, including the Most Outstanding Athlete (Ceara Gray) and Specialist of the Year Kaylee Adams.

In her first season as assistant coach, Rowell played a large role in guiding Baylor to its third straight NCATA national title and five NCATA individual event titles. She also helped coach three NCATA All-Americans.

Rowell, in her role as a volunteer assistant with the Bears, helped lead Baylor to the 2016 NCATA national championship, the program's second straight crown.

Rowell, a member of the Oregon acrobatics and tumbling team from 20092012 while coach Mulkey was the Ducks' coach, helped lead Oregon to the 2011 and 2012 NCATA National Championships. She earned several individual tumbling event national titles and was honored as an NCATA All-American as a senior.

Rowell (rhymes with towel), an Oregon native, has 12 years of all-around experience in gymnastics, competing nationally in Oregon, California and Texas before joining the Oregon squad 2009. Prior to competing collegiately, she was a 2001 Level IX Western National Qualifier and a Level 10 National Qualifier in 2002 and 2003. She garnered regional championship titles on floor, beam and vault.

After graduating from Oregon in 2012 with a degree in sociology and prior to entering the coaching ranks, Rowell worked at Vircon Inc., in Portland, Ore., as a consultant relations manager in the human resources department.


KAELYN COWAN
ASSISTANT COACH|FIRST SEASON
BAYLOR 2017

Cowan, a 2017 graduate of Baylor, enters her first season with the Bears as an assistant coach after spending the last two years as the first head acrobatics and tumbling coach at Limestone College, helping the Saints to a 6-2 record in their first season of competition in 2019.

Cowan took over at Limestone College after spending time as an assistant acrobatics \& tumbling coach at West Virginia Wesleyan College in Buckhannon, W. Va. During her short stint with the Bobcats, she helped with recruiting, fundraising, the organization of clinics, and was in charge of coaching the tumblers.

Prior to her time at West Virginia Wesleyan, the Hewitt, Texas native spent four years with Baylor University where she earned consecutive National Collegiate Acrobatics \& Tumbling Association (NCATA) All-American honors in 2016 and 2017.

She helped lead the Baylor Bears to back-to-back-to-back NCATA National Championships from 2015-17. Cowan, a Baylor University Scholar Athlete, was a four-time First-Team Academic All-Big 12 honoree, and was named to the Big 12 Commissioner's Honor Roll and to the Dean's List.

Along with her acrobatics \& tumbling experience, Cowan was a competitive team coach at Zero Gravity Gymnastics Academy in Waco, Texas and is currently a USA Women's Gymnastics Level 1-9 judge.

Cowan obtained her bachelor's degree in Corporate Communication from BayIor in May 2017 and is currently working towards a Masters of Communication Studies from West Virginia University.

## 2020 SEASON SCORES

## SEASON AVERAGES AND HIGH SCORES

| EVENT | AVERAGE | SEASON HIGH | 10 SCORES |
| :--- | :--- | :--- | :--- |
| COMPULSORIES | 37.633 | 38.55 (AT LIMESTONE (FEB. 9) | 0 |
| ACRO | 28.936 | 29.26 (AT UMHB (FEB. 1) | 0 |
| PYRAMID | 29.400 | 29.65 (AT LIMESTONE (FEB. 9) | 0 |
| TOSS | 27.766 | 28.65 (AT LIMESTONE (FEB. 9) | 0 |
| TUMBLING | 56.050 | 55.975 (AT LIMESTONE (FEB. 9) | 0 |
| TEAM ROUTINE | 95.170 | 99.80 (VS OREGON (FEB. 23) | N/A |
| FINAL SCORE | 274.953 | 281.350 (VS OREGON (FEB. 23) | N/A |


| TOTAL SCORES |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| OPPONENT | COMPULSORIES | ACRO | PYRAMID | toss | TUMBLING | TEAM ROUTINE | SCORE |
| AT UMHB (FEB. 1) | 36.55 | 29.26 | 28.95 | 26.50 | 54.625 | 90.43 | 266.305 |
| AT LIMESTONE (FEB. 9) | 38.55 | 29.10 | 29.65 | 28.65 | 55.975 | 95.28 | 277.205 |
| VS OREGON | 37.80 | 28.45 | 29.60 | 28.15 | 57.550 | 99.80 | 281.350 |
| COMPULSORIES |  |  |  |  |  |  |  |
| OPPONENT | ACRO | PYRAMID | TOSS | TUMBLING | SCORE |  |  |
| AT UMHB (FEB. 1) | 8.20 | 9.85 | 9.70 | 8.80 | 36.55 |  |  |
| AT LIMESTONE (FEB. 9) | 9.50 | 9.75 | 9.85 | 9.45 | 38.55 |  |  |
| VS OREGON | 9.45 | 9.90 | 9.70 | 8.75 | 37.80 |  |  |
| ACRO |  |  |  |  |  |  |  |
| OPPONENT | HEAT 1 | HEAT 2 | HEAT 3 | SCORE |  |  |  |
| AT UMHB (FEB. 1) | 9.70 | 9.65 | 9.90 | 29.26 |  |  |  |
| AT LIMESTONE (FEB. 9) | 9.60 | 9.80 | 9.70 | 29.10 |  |  |  |
| VS OREGON | 9.00 | 9.75 | 9.70 | 28.45 |  |  |  |
| PYRAMID |  |  |  |  |  |  |  |
| OPPONENT | HEAT 1 | HEAT 2 | HEAT 3 | SCORE |  |  |  |
| AT UMHB (FEB. 1) | 9.80 | 9.35 | 9.80 | 28.95 |  |  |  |
| AT LIMESTONE (FEB. 9) | 9.95 | 9.90 | 9.80 | 29.65 |  |  |  |
| VS OREGON | 9.90 | 9.80 | 9.90 | 29.60 |  |  |  |
| TOSS |  |  |  |  |  |  |  |
| OPPONENT | HEAT 1 | HEAT 2 | HEAT 3 | SCORE |  |  |  |
| AT UMHB (FEB. 1) | 9.15 | 8.65 | 8.70 | 26.50 |  |  |  |
| AT LIMESTONE (FEB. 9) | 9.30 | 9.55 | 9.80 | 28.65 |  |  |  |
| VS OREGON | 9.45 | 9.45 | 9.25 | 28.15 |  |  |  |
| TUMBLING |  |  |  |  |  |  |  |
| OPPONENT | DUO | TRIPLE | QUAD | AERIAL | SIX ELEMENT | OPEN | SCORE |
| AT UMHB (FEB. 1) | 8.90 | 8.100 | 8.900 | 8.750 | 9.875 | 9.100 | 54.625 |
| AT LIMESTONE (FEB. 9) | 8.50 | 8.800 | 9.150 | 9.800 | 9.900 | 9.825 | 55.975 |
| VS OREGON | 9.70 | 9.100 | 9.200 | 9.825 | 9.875 | 9.850 | 57.550 |
| TEAM EVENT |  |  |  |  |  |  |  |
| OPPONENT |  |  |  |  |  |  | SCORE |
| AT UMHB (FEB. 1) |  |  |  |  |  |  | 90.43 |
| AT LIMESTONE (FEB. 9) |  |  |  |  |  |  | 95.28 |
| VS OREGON (FEB. 23) |  |  |  |  |  |  | 99.80 |

ALL-TIME NCATA TOURNAMENT SCORES

| TOTAL SCORES OPPONENT |  | ACRO |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| VS. FAIRMONT STATE (2011 QTR) | 37.36 | 28.64 | 29.25 | 26.95 | 50.18 | 104.82 | 277.200 |
| AT OREGON (2011 SEMI) | 38.18 | 28.25 |  | 27.25 | 50.25 | 104.24 | 276.873 |
| VS. FAIRMONT STATE (2012 QTR) | 36.45 | 25.35 | 28.90 | 27.90 | 56.50 | 95.48 | 270.580 |
| VS. OREGON (2012 SEMI) | 38.55 | 27.70 | 29.40 | 28.35 | 57.45 | 93.96 | 275.410 |
| VS. FAIRMONT STATE (2014 QTR) | 38.20 | 28.50 | 29.55 | 28.45 | 58.45 | 93.77 | 276.920 |
| VS. OREGON (2014 SEMI) | 38.95 | 29.35 | 29.95 | 29.40 | 58.45 | 100.50 | 286.600 |
| VS. KING UNIVERSITY (2015 OTR) | 38.75 | 27.85 | 29.70 | 28.60 | 57.625 | 101.09 | 283.615 |
| VS. AZUSA PACIFIC (2015 SEMI) | 38.50 | 29.70 | 29.85 | 29.05 | 58.675 | 102.14 | 287.915 |
| VS. OREGON (2015 FINAL) | 39.05 | 29.50 | 29.75 | 29.20 | 57.500 | 101.69 | 286.690 |
| VS. GANNON (2016 QTR) | 38.75 | 29.55 | 29.65 | 29.35 | 57.775 | 100.10 | 285.175 |
| VS. HAWAII PACIFIC (2016 SEMI) | 38.85 | 29.55 | 29.80 | 29.35 | 56.850 | 100.40 | 284.800 |
| VS. OREGON (2016 FINAL) | 38.90 | 29.40 | 29.80 | 29.45 | 58.675 | 100.05 | 286.275 |
| VS. GANNON (2017 QTR) | 38.75 | 29.25 | 28.90 | 28.95 | 57.525 | 92.90 | 276.275 |
|  | 38.10 | 29.40 | 29.40 | 28.20 | 57.675 | 96.55 | 279.325 |
| VS. OREGON (2017 FINAL) | 38.20 | 28.95 | 29.20 | 28.00 | 57.35 | 97.65 | 279.35 |
| VS. CONVERSE (2018 OTR) | 38.15 | 29.475 | 28.35 | 28.75 | 58.150 | 94.66 | 277.535 |
| VS. OREGON (2018 SEMI) | 38.575 | 29.55 | 29.65 | 29.275 | 558.250 | 96.11 | 281.410 |
| VS. QUINNIPIAC (2018 FINAL) | 38.715 | 29.55 | 29.55 | 29.35 | 57.750 | 98.41 | 283.260 |
| VS. GANNON (2019 QTR) | 38.150 | 29.225 | 29.500 | 28.725 | 57.050 | 96.550 | 279.200 |
| VS. QUINNIPIAC (2019 SEMI) | 37.750 | 28.600 | 29.275 | 29.225 | 56.275 | 96.950 | 278.075 |
| VS. OREGON (2019 FINAL) | 37.600 | 26.675 | 29.200 | 29.000 | 29.000 | 92.550 | 271.725 |
| COMPULSORIES |  |  |  |  |  |  |  |
| OPPONENT | ACRO | PYRAMID | TOSS | TUMBLING | SCORE |  |  |
| AT OREGON (2011 SEMI) | 9.55 | 9.70 | 9.30 | 9.63 | 38.18 |  |  |
| VS. FAIRMONT STATE (2012 QTR) |  |  |  |  | 36.45 |  |  |
| N (2012 SEMI) | 9.55 | 9.50 | 9.95 | 9.55 | 38.55 |  |  |
| VS. FAIRMONT STATE (2014 QTR) | 9.60 | 9.95 | 9.75 | 8.90 | 38.20 |  |  |
| VS. OREGON (2014 SEMI) | 9.70 | 9.85 | 9.85 | 9.10 | 38.50 |  |  |
| VS. KING UNIVERSITY (2015 OTR) | 9.75 | 10.00 | 9.90 | 9.10 | 38.75 |  |  |
| VS. AZUSA PACIFIC (2015 SEMI) | 9.60 | 10.00 | 9.95 | 8.95 | 38.50 |  |  |
| VS. GANNON (2016 OTR) | 9.75 | 9.95 10.00 | 9.95 | 9.40 9.30 | 39.05 |  |  |
| VS. HAWAII PACIFIC (2016 SEMI) | 9.55 | 9.95 | 9.90 | 9.45 | 38.85 |  |  |
| VS. OREGON (2016 FINAL) | 9.70 | 9.95 | 9.80 | 9.45 | 38.90 |  |  |
| VS. GANNON (2017 OTR) | 9.55 | 9.85 | 9.80 | 9.55 | 38.75 |  |  |
| VS. OUINNIPIAC (2017 SEMI) | 9.50 | 9.65 | 9.75 | 9.20 | 38.10 |  |  |
| VS. CONVERSE (2018 OTR) | 9.40 | 9.90 | 9.80 | 9.10 | 38.20 |  |  |
| VS. OREGON (2018 SEMI) | 9.70 | 9.925 | 9.95 | 9.00 | 38.575 |  |  |
| VS. QUINNIPIAC (2018 FINAL) | 9.625 | 9.85 | 9.925 | 9.375 | 38.775 |  |  |
| VS. GANNON (2019 OTR) | 9.425 | 9.900 | 9.875 | 8.950 | 38.150 |  |  |
| VS. OREGON (2019 FINAL) | 9.425 | 9.850 | 9.875 9.850 | 8.700 8.675 | 37.750 37.600 |  |  |
| ACRO |  |  |  |  |  |  |  |
| OPPONENT | HEAT 1 | HEAT 2 | HEAT 3 | SCORE |  |  |  |
| AT OREGON (2011 SEMI) | 9.63 | 9.02 | 9.60 | 28.64 28.25 |  |  |  |
| VS. FAIRMONT STATE (2012 QTR) |  |  |  | 25.35 |  |  |  |
| VS. OREGON 2012 SEMI) | 9.67 | 8.83 | 9.2 | 27.70 |  |  |  |
| VS. FAlRMONT STATE (2014 QTR) | 9.15 | 9.70 | 9.65 | 28.50 |  |  |  |
| VS. OREGON (2014 SEMI) | 9.60 | 9.85 | 9.50 | 28.95 |  |  |  |
| VS. KING UNIVERSITY (2015 OTR) | 9.70 10.00 | 9.65 | 8.50 9.95 | 27.85 |  |  |  |
| VS. OREGON (2015 FINAL) | 9.95 | 9.70 | 9.85 | 29.50 |  |  |  |
| VS. GANNON (2016 QTR) | 9.75 | 9.95 | 9.85 | 29.55 |  |  |  |
| VS. HAWAII PACIFIC (2016 SEMI) | 9.75 | 9.90 | 9.90 | 29.55 |  |  |  |
| VS. OREGON (2016 FINAL) | 9.75 | 9.85 | 9.80 | 29.40 |  |  |  |
| VS. OUINNIPIAC (2017 SEMI) | 9.80 | 9.85 | 9.75 | 29.40 |  |  |  |
| VS. OREGON (2017 FINAL) | 9.75 | 9.45 | 9.75 | 28.95 |  |  |  |
| VS. CONVERSE (20180TR) | 9.85 | 9.80 | 9.825 | 29.475 |  |  |  |
| VS. QUINNIPIAC (2018 FINAL) | 9.925 | 9.825 | 9.90 | 29.55 |  |  |  |
| VS. GANNON (2019 QTR) | 9.850 | 9.700 | 9.675 | 29.225 |  |  |  |
| VS. QUINNIPIAC (2019 SEMI) | 9.5500 | 9.700 | 9.525 | 28.6675 |  |  |  |
| PYRAMID |  |  |  |  |  |  |  |
| OPPONENT | HEAT 1 | HEAT 2 | HEAT 3 | SCORE |  |  |  |
| VS. FAIRMONT STATE (2011 QTR) AT OREGON (2011 SEMI) |  |  |  | $\begin{aligned} & 29.25 \\ & 28.70 \end{aligned}$ |  |  |  |
| VS. FAIRMONT STATE (2012 QTR) |  |  |  | 28.90 |  |  |  |
| VS. OREGON (2012 SEMI) | 9.80 | 9.65 | 9.95 | 29.40 |  |  |  |
| VS. FAIRMONT STATE (2013 QTR) | 9.95 | 9.75 | 9.85 |  |  |  |  |
| VS. OREGON (2014 SEMI) | 9.80 | 9.80 | 9.90 | 29.50 |  |  |  |
| VS. KING UNIVERSITY (2015 OTR) | 9.95 | 9.95 | 9.80 | 29.70 |  |  |  |
| VS. AZUSA PACIFIC (2015 SEMI) | 9.95 | 10.00 | 9.90 | 29.85 |  |  |  |
| VS. OREGON (2015 FINAL) | 9.95 | 10.00 | 9.80 | 29.75 |  |  |  |
| VS. HAWAII PACIFIC (2016 SEMI) | 9.95 | 9.95 | 9.90 | 29.80 |  |  |  |
| VS. OREGON (2016 FINAL) | 9.90 | 9.95 | 9.95 | 29.80 |  |  |  |
| VS. GANNON (2017 QTR) | 9.25 | 9.80 | 9.85 | 28.90 |  |  |  |
| VS. QUINNIPIAC (2017 SEMI) | 9.70 | 9.80 | 9.90 | 29.40 |  |  |  |
| VS. CONVERSE (2018 OTR) | 9.70 | 9.65 | 9.85 | 29.20 |  |  |  |
| VS. OREGON (2018 SEMI) | 9.85 | 9.925 | ${ }_{9} 9.875$ | 29.65 |  |  |  |
| VS. QUINNIPIAC (2018 FINAL) | 9.90 | 9.75 | 9.90 | 29.55 |  |  |  |
| VS. OUINNIPIAC (2019 SEMI) | 9.875 | 9.750 | 9.900 | 29.500 |  |  |  |
| VS. OREGON (2019 FINAL) | 9.675 | 9.625 | 9.900 | 29.200 |  |  |  |


| TOSS |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| OPPONENT ${ }^{\text {VS. FAIRMONT STATE (2011 QTR) }}$ | HEAT 1 | HEAT 2 | HEAT 3 | SCORE |  |  |  |
| AT OREGON (2011 SEMI) | 8.75 | 9.25 | 9.25 | 27.25 |  |  |  |
| VS. FAIRMONT STATE (2012 QTR) |  |  |  | 27.90 |  |  |  |
| VS. OREGON (2012 SEMI) | 9.45 | 9.40 | 9.50 | 28.35 |  |  |  |
| VS. FAIRMONT STATE (2014 QTR) | 9.75 | 9.20 | 9.50 | 28.45 |  |  |  |
| VS. OREGON (2014 SEMI) | 9.85 | 9.55 | 9.80 | 29.20 |  |  |  |
| VS. KING UNIVERSITY (2015 OTR) | 9.60 | 9.60 | 9.40 | 28.60 |  |  |  |
| VS. AZUSA PACIFIC (2015 SEMI) | 9.60 | 9.60 | 9.85 | 29.05 |  |  |  |
| VS. OREGON (2015 FINAL) | 9.70 | 9.70 | 9.80 | 29.20 |  |  |  |
| VS. GANNON (2016 OTR) | 9.80 | 9.70 | 9.85 | 29.35 |  |  |  |
| VS. HAWAII PACIFIC (2016 SEMI) | 9.85 | 9.70 | 9.80 | 29.35 |  |  |  |
| VS. GANNON (2017 OTR) | 9.75 | 9.45 | 9.85 | 29.45 |  |  |  |
| VS. OUINNIPIAC (2017 SEMI) | 9.60 | 9.20 | 9.40 | 28.20 |  |  |  |
| VS. OREGON (2017 FINAL) | 9.50 | 9.25 | 9.25 | 28.00 |  |  |  |
| VS. CONVERSE (2018 QTR) | 9.425 | 9.525 | 9.80 | 28.75 |  |  |  |
| VS. OREGON (2018 SEMI) | 9.75 | 9.675 | 9.85 | 29.275 |  |  |  |
| VS. QUINNIPIAC (2018 FINAL) | 9.75 | 9.65 | 9.925 | 29.325 |  |  |  |
| VS. GANNON (2019 QTR) | 9.725 | 9.475 | 9.525 | 28.725 |  |  |  |
| VS. QUINNIPIAC (2019 SEMI) | 9.725 | 9.625 | 9.875 | 29.225 |  |  |  |
| VS. OREGON (2019 FINAL) | 9.625 | 9.575 | 9.800 | 29.000 |  |  |  |
| TUMBLING |  |  |  |  |  |  |  |
| OPPONENT | DUO | TRIPLE | QUAD | AERIAL | SIX ELEMENT | OPEN | SCORE |
| AT OREGON ( 2011 SEMI) | 8.67 | 8.53 | 8.05 | 8.20 | 8.20 | 8.60 | 50.25 |
| VS. OREGON (2012 SEMI) | 9.20 | 9.25 | 9.45 | 9.73 | 9.93 | 9.90 | 57.45 |
| VS. FAIRMONT STATE (2013 QTR) |  |  |  |  |  |  |  |
| VS. FAIRMONT STATE (2014 QTR) | 9.65 | 9.40 | 9.55 | 9.90 | 10.00 | 9.95 | 58.45 |
| VS. OREGON (2014 SEM $)$ | 9.55 | 9.35 | 9.50 |  |  | 9.90 | 58.175 |
| VS. OREGON (2015 FINAL) | 9.65 | 9.50 | 8.60 | 10.00 | 9.925 | 9.95 |  |
| VS. GANNON (2016 OTR) | 9.75 | 9.45 | 8.90 | 9.80 | 9.825 <br> 10.00 | 9.925 | 57.5700 |
| VS. HAWAll PACIFIC (2016 SEMI) | 8.70 | 9.10 | 9.25 | 9.875 | 10.00 | 9.925 | 56.850 |
| VS. OREGON (2016 FINAL) | 9.95 | 9.50 | 9.50 | 9.875 | 9.95 | 9.900 | 58.675 |
| VS. GANNON (2017 OTR) | 9.65 | 9.20 | 9.30 | 9.70 | 9.80 | 9.875 | 57.525 |
| VS. QUINNIPIAC (2017 SEMI) | 9.75 | 9.10 | 9.20 | 9.85 | 9.85 | 9.925 | 57.675 |
| VS. OREGON (2017 FINAL) | 9.60 | 8.90 | 9.40 | 9.725 | 9.875 | 9.85 | 57.35 |
| VS. CONVERSE (2018 CTR) | 9.80 | 9.425 | 9.35 | 9.85 | 9.85 | 9.875 | 58.150 |
| VS. OREGON (2018 SEMI) | 9.825 | 9.55 | 9.20 | 9.85 | 9.975 | 9.85 | 58.250 |
| VS. QUINNIPIAC (2018 FINAL) | 9.80 | 8.875 | 9.35 |  | 9.925 | 9.95 | 57.750 |
| VS. GANNON (2019 QTR) | 9.400 | 9.000 | 9.150 | 9.925 | 9.825 | 9.750 | 57.050 |
| VS. QUINNIPIAC (2019 SEMI) | 9.650 | 9.525 | 8.625 | 9.700 | 9.850 | 8.925 | 56.275 |
| VS. OREGON (2019 FINAL) | 8.750 | 9.175 | 7.725 | 9.600 | 9.725 | 9.725 | 54.700 |
| TEAM EVENT |  |  |  |  |  |  |  |
| OPPONENT |  |  |  |  |  |  |  |
| VS. FAIRMONT STATE (2011 QTR) |  |  |  |  |  |  | 104.82 |
| VS FAIMMONT STATE (2012 QTR) |  |  |  |  |  |  | 954.24 |
| VS OREGON (2012 SEMI) |  |  |  |  |  |  | 93.96 |
| VS. FAIRMONT STATE (2013 QTR) |  |  |  |  |  |  |  |
| VS. FAIRMONT STATE (2014 QTR) |  |  |  |  |  |  | 93.77 |
| VS. OREGON (2014 SEMI) |  |  |  |  |  |  | 100.50 101.09 |
| VS. \#AZUSA PACIFIC (2015 SEMI) |  |  |  |  |  |  | 102.14 |
| VS. \#OREGON (2015 FINAL) |  |  |  |  |  |  | 101.69 |
| VS. GANNON (2016 OTR) |  |  |  |  |  |  | 100.10 |
| VS. HAWAII PACIFIC (2016 SEMI) |  |  |  |  |  |  | 100.40 |
| VS. OREGON (2016 FINAL) |  |  |  |  |  |  | 100.05 |
| VS. OUNINNIPIAC ( 2017 SEMI) |  |  |  |  |  |  | 92.90 |
| VS. OREGON (2017 FINAL) |  |  |  |  |  |  | 97.65 |
| VS. CONVERSE (2018 OTR) |  |  |  |  |  |  | 94.66 |
| VS. OREGON (2018 SEMI) |  |  |  |  |  |  | 96.11 |
| VS. GANNON (20190TR) |  |  |  |  |  |  | 98.45 |
| VS. QUINNIPIAC (APRIL 26) |  |  |  |  |  |  | 96.950 |
| VS. OREGON (2019 FINAL) |  |  |  |  |  |  | 92.550 |

Total Score
Score

1. 289.745
2. 288.310
3. 287.915
4. 287.825
5. 286.960
Score
6. 39.44
7. 39.40
8. 39.25
9. 39.12
10. 39.10

Score

1. 29.90
2. 29.80
3. 29.70
Score
4. 30.00
5. 29.95
6. 29.85
7. 29.80

Score

1. 29.95
2. 29.70
3. 29.55
4. 29.50

Score

1. 58.875
2. 58.675
3. 58.65
4. 58.50

Gannon
at Quinnipiac

Compulsory Score
Opponent Date
Oregon $\quad 4 / 2 / 17$

Attendance Opponent Date
at Arizona Christian/vs. Hawaii Pacific 3/30/19

1. 2,346
2. 2,163

2/24/18
Azusa Pacific (NCATA Championships) 4/25/15
3/26/17
2/14/16
Attendance

| Opponent | Date |
| :--- | :--- |
| Oregon | $2 / 24 / 18$ |
| Oregon (NCATA Championships) | $4 / 19 / 16$ |
| Oregon | $2 / 23 / 20$ |
| Oregon | $2 / 21 / 16$ |
| Oregon | $4 / 12 / 15$ |

Opponent
Date
at Maryland
12/5/10
vs Oregon
2/24/18
Gannon
3/26/17
Maryland/Azusa Pacific 2/24/11
Azusa Pacific 3/24/18

Acro Score

| Opponent | Date |
| :--- | :--- |
| Concordia/Quinnipiac | $2 / 7 / 15$ |
| Azusa Pacific | $3 / 24 / 18$ |
| Fairmont State | $3 / 12 / 18$ |
| at Oregon | $4 / 8 / 18$ |
| Azusa Pacific | $4 / 25 / 15$ |

## Pyramid Score

| Opponent | Date |
| :--- | ---: |
| at Oregon | $3 / 12 / 15$ |
| Oregon (NCATA Championships) | $4 / 26 / 14$ |
| at Fairmont State/vs. Alderson Broaddus | $3 / 28 / 15$ |
| Converse | $3 / 26 / 19$ |
| $4 x$, Last vs. Oregon | $2 / 24 / 18$ |

## Toss Score

| Opponent | Date |
| :--- | :--- |
| at Azusa Pacific/vs. Hawaii Pacific | $3 / 18 / 14$ |
| at Arizona Christian/vs. Hawaii Pacific | $3 / 30 / 19$ |
| at Oregon | $4 / 8 / 18$ |
| at Hawaii Pacific | $3 / 12 / 19$ |
| Converse | $3 / 26 / 19$ |

Tumbling Score
Opponent Date
Converse
3/26/19
Azusa Pacific (NCATA Championships) 4/25/15
at Fairmont State 3/8/17
at Azusa Pacific 4/11/17
at Oregon 2/25/17

## MEET STRUCTURE AND TEAM PARTICIPATION

Two to four teams compete at a meet. The typical duration is roughly two hours. A meet is made up of six events: Compulsory, Acro, Pyramid, Tosses, Tumbling and Team Event. A halftime intermision will take place between Pyramid and Toss.

All event competition is in team rotation throughout each event. The rotation order is predetermined by the Head Official prior to the beginning of the meet, but the home team always performs last.

## SCORING

Scoring is based upon pre-determined difficulty start values. Each skill performed is valued by the Officials of the NCATA prior to the meet. Teams submit their skill sequences 72 hours prior to the meet. Officials perform two primary functions at the meet:

1. Monitor the skills being performed to ensure that each element is correctly performed to equate to the posted start difficulty value. 2. Evaluate the execution and technique of the skills performed. Scores are posted immediately following the conclusion of the event and overall standings are displayed throughout the meet. The highest combined score after all events wins the meet. The maximum score in each meet is 300 points.

## EVENT 1: COMPULSORY (40 POSSIBLE POINTS)

Four heats construct the Compulsory Event: acro, pyramid, toss, and tumbling. During each heat the teams perform the exact same skills, allowing the officials to compare the technique and execution of each team. No athlete crossover rules apply from the Compulsory to other events.

Acro Heat (10 possible points)
One preset sequence performed by two synchronized groups from each team.

- Straight up heel stretch
- Power press (hold stretch on way down, flyer changes
position on the way up)
- Arabesque
- 270 degree front flip cradle dismount (flyers feet to side)
- Unassisted Rewind to Sponge
- Dip to heel stretch
- 720 degree twist cradle dismount

Pyramid Heat (10 possible points)
One preset pyramid performed by one group from each team.

- All feet start on the floor
- 4-2-1. Two shoulder level stunts as second level support (two bases, back, flyer) built before toss up
- Basket up from back (three bases tossing, one flyer)
- Three catchers in front
- 270 degree flip off of the front
- Second level dismounts at the same time as the top flyer, to below shoulder level

Toss Heat (10 Points)
One preset basket toss performed by two synchronized groups from each team.

- Two synchronized back tuck tosses
- Four bases tossing, one flyer, two groups

Tumbling Heat ( 10 Points)
Four preset skills performed by eight athletes from each team.

- No changing athletes between compulsory skills
- Athletes must be positioned in windows
- Skills must be performed in the following order:
a. Standing tuck (to front);
b. Toe-touch tuck (to front);
c. Handspring tuck (to front);
d. Round-off handspring layout from left to right in two lines.


## EVENT 2: ACRO EVENT (30 POSSIBLE POINTS)

Three heats construct the Acro Event where each team sends a maximum of four athletes to compete an acro sequence to counts in a maximum of 45 seconds. Athletes may compete in two heats, however no more than two athletes may crossover together from one heat to another. Timing begins with the first movement. Exceeding the 45 seconds will result in a time deduction. In each heat, teams must attempt all required number of elements in addition to the required skill. The required skill counts as an element.

- Heat 1: Required 360 degree flipping skill, five elements (10 pts)
- Heat 2: Required twisting skill, six elements (10 pts)
- Heat 3: Required release skill, seven elements (10 pts)


## EVENT 3: PYRAMID EVENT (30 POSSIBLE POINTS)

Three heats construct the Pyramid Event. Each team sends a maximum of 24 athletes and there is no crossover rule. Timing begins with the first movement. Exceeding 30 seconds will result in a time deduction. In each heat, teams must attempt the required skill while changing the top position or pyramid structure from heat to heat.

- Heat 1: Inversion (10 pts)
a. Inverted Top position with a minimum of 90-degree twist
- Heat 2: Synchronized (10 pts)
a. Must have two identical pyramids
b. May not compete compulsory pyramid
c. Must have at least two drop down changes from compulosry pyramid and Heat 1
- Heat 3: Open (10 pts)
a. Any pyramid may be competed as long as it contains at least two drop down changes from heats 1 and 2


## EVENT 4:TOSS EVENT (30 POSSIBLE POINTS)

Three heats construct the Toss Event. Each heat has required elements. A maximum of four athletes must toss a single top. Athletes may crossover and compete in two heats, one of which must be the synchronized toss.

- Heat 1: Salto (10 pts)
a. One group
b. Required Salto - minimum 450-degree rotation
- Heat 2: Synchronized (10 pts)
a. Two groups must perform the same toss
b. Open skill, identical and synchronized
- Heat 3: Open (10 pts)
a. One group
b. Open skill


## EVENT 5:TUMBLING EVENT ( 60 POSSIBLE POINTS)

Six heats construct the Tumbling Event. Athletes may compete in both the synchronized portion and in one single pass, but tumble a maximum of two times.

- Duo (10 pts): Two athletes perform synchronized identical pass
- Trio (10 pts): Three athletes perform synchronized identical pass
- Quad (10 pts): Four athletes perform synchronized identical pass
- Aerial (10 pts): One athlete performs a minimum of two aerial/salto elements
- 6 Element (10 pts): One athlete performs exactly six elements
- Open (10 pts): One athlete performs open pass, no requirements


## EVENT 6:TEAM EVENT (110 POSSIBLE POINTS)

One heat constructs the Team Event. Athletes perform synchronized choreographed skills set to music in a maximum of 2 minutes and 45 seconds using a minimum of 18 athletes and a maximum of 24 athletes combining required and optional skills. The required skills include:

- 30 acro elements ( 20 pts )
- 5 Tosses ( 20 pts)
- Four pyramids ( 2.5 high) ( 20 pts )
- One Jump/Standing Tumbling Pass per number of athletes on the mat ( 20 pts )
- One Running Tumbling Pass per number of athletes on the mat ( 20 pts )
- Additional scored categories: a. Routine construction ( 5 pts ) b. Dance/Composition/Artistry - 50 percent of the team must perform two, eight counts

