

RULES & REGULATIONS

REGISTRATION

The fee is \$50 per athlete. Registration will close at 11:59 CST December 1st, 2026.

AGE ELIGIBILITY

The athlete's age on 12/31/2026 will determine eligibility. An athlete may compete in more than two age groups if they meet the age requirement. [Youth Ages 7-11] [Junior Ages 10-14] [Senior Ages 13-19] [Open 18+]

MUSIC GUIDELINES

The Nation's Best will provide custom music options that may be utilized for performance. It is not required to use the mixes; you may get a custom mix created. Any mix that mentions a program/gym name is prohibited.

UNIFORM

All group members must wear the same matching attire. No program/gym logo should be visible on the uniform.

VIDEO SUBMISSION

The video must be one take with clear sound of the music - no cut and paste. The mix may be edited over the video. Last, a clear view of the routine is required. Edited videos will be disqualified. Stunt category may be performed on a spring floor, hard floor, or grass.

DISQUALIFICATION

Any individual or group that does not follow these Rules and Regulations will be subjected to an automatic disqualification from the competition. If found that an individual competed as an ineligible-aged athlete, will result in forfeiting any award and the opportunity to participate in The Nation's Best indefinitely.

REPLACEMENT

Incase of an injury or emergency, and an athlete is needed to be replaced, please email info@IAmTheNationsBest with the subject line "Replacement". In the email include the athlete's name and the replacement, plus the team members, the division, and age group.

Any additional questions: info@IAmTheNationsBest.com

