

DIVISIONS & AGE GROUPS

INDIVIDUAL ROUTINE

- INDIVIDUAL FEMALE
- INDIVIDUAL MALE

TUMBLE ROUTINE

- TUMBLE DUO
- TUMBLE TRIO

STUNT ROUTINE

- COED STUNT
- ALL GIRL STUNT
- TWO MAN STUNT
- SMALL COED STUNT

GROUP ROUTINE

- SMALL COED
- ALL GIRL
- NON TUMBLE

LEVEL THREE, FOUR, & FIVE DIVISIONS

YOUTH AGE GROUP

- INDIVIDUAL FEMALE
- INDIVIDUAL MALE
- TUMBLE DUO - two athletes; 0-2 males
- TUMBLE TRIO - three athletes; 0-3 males
- GROUP STUNT - four athletes; 0-2 males
- GROUP ROUTINE - five athletes; 0-2 males

JUNIOR AGE GROUP

- INDIVIDUAL FEMALE
- INDIVIDUAL MALE
- TUMBLE DUO - two athletes; 0-2 males
- TUMBLE TRIO - three athletes; 0-3 males
- GROUP STUNT - four athletes; 0-2 males
- GROUP ROUTINE - five athletes; 0-2 males

SENIOR AGE GROUP

- INDIVIDUAL FEMALE
- INDIVIDUAL MALE
- TUMBLE DUO - two athletes; 0-2 males
- TUMBLE TRIO - three athletes; 0-3 males
- GROUP STUNT - four athletes; 0-2 males
- GROUP ROUTINE - five athletes; 0-2 males

LEVEL ELITE DIVISIONS - LEVEL SIX & SEVEN

JUNIOR AGE GROUP

- INDIVIDUAL FEMALE
- INDIVIDUAL MALE
- TUMBLE DUO - two athletes; 0-2 males
- TUMBLE TRIO - three athletes; 0-3 males
- GROUP STUNT - four athletes; 0-2 males
- GROUP ROUTINE - five athletes; 0-2 males

SENIOR AGE GROUP

- INDIVIDUAL FEMALE
- INDIVIDUAL MALE
- TUMBLE DUO - two athletes; 0-2 males
- TUMBLE TRIO - three athletes; 0-3 males
- COED STUNT - side spot required; female flyer
- ALL GIRL STUNT - four athletes; 0 males
- SMALL COED STUNT - four athletes; 1-2 males
- TWO MAN STUNT - three athletes; female flyer
- ALL GIRL GROUP ROUTINE - five athletes; 0 males
- SMALL COED GROUP ROUTINE - five athletes; 1-2
- NON-TUMBLE ROUTINE - five athletes; 0-2 males

OPEN AGE GROUP

- INDIVIDUAL FEMALE
- INDIVIDUAL MALE
- TUMBLE DUO - two athletes; 0-2 males
- TUMBLE TRIO - three athletes; 0-3 males
- COED STUNT - side spot required; female flyer
- ALL GIRL STUNT - four athletes; 0 males
- SMALL COED STUNT - four athletes; 1-2 males
- TWO MAN STUNT - three athletes; female flyer
- ALL GIRL GROUP ROUTINE - five athletes; 0 males
- SMALL COED GROUP ROUTINE - five athletes; 1-2
- NON-TUMBLE ROUTINE - five athletes; 0-2 males



[Youth: Ages 7-11] [Junior: 10-14] [Senior: Ages 13-19] [Open: Ages 18+]
 THE ATHLETE'S AGE ON 12/31/2026 WILL DETERMINE AGE GROUP ELIGIBILITY

ROUTINE SCORING SYSTEM



INDIVIDUAL

RULES:

- (2) Standing Passes
- (2) Running Passes
- (3) Connected Jumps - variety of (2)
- (3) Eight Count Dance

LENGTH: 1 Minute And 30 Seconds

STUNT

RULES:

- (6) Building Skills
- (1) Basket Toss*

LENGTH: 1 Minute

GROUP ROUTINE

RULES:

- Must Include Sections: Stunt, Basket, Standing, Running, Jumps and Dance
- (4) Building Skills
- (1) Basket Toss
- (1) Synch Standing Tumble Section
- (1) Synch Running Tumble Section
- (3) Connected Jumps - variety of (2)
- (3) Eight Count Dance

LENGTH: 2 Minutes

RUNNING DIFFICULTY	10
STANDING DIFFICULTY	10
RUNNING EXECUTION	5
STANDING EXECUTION	5
DANCE	5
JUMPS	5
ROUTINE COMPOSITION	5
OVERALL IMPRESSION	5
TOTAL POINTS	50

BUILDING DIFFICULTY	20
BUILDING EXECUTION	20
ROUTINE COMPOSITION	5
OVERALL IMPRESSION	5
TOTAL POINTS	50

BUILDING DIFFICULTY	10
RUNNING DIFFICULTY	5
STANDING DIFFICULTY	5
BUILDING EXECUTION	5
RUNNING EXECUTION	5
STANDING EXECUTION	5
DANCE	2.5
JUMPS	2.5
ROUTINE COMPOSITION	5
OVERALL IMPRESSION	5
TOTAL POINTS	50

TUMBLE

RULES:

- (3) Running Passes
- (3) Standing Passes
- Every Skill, Motion, Movement, & Transition Must Be Done In Unison

LENGTH: 1 Minute

NON-TUMBLE ROUTINE

RULES:

- Must Include Sections: Jump, Stunt, Basket, and Dance
- (6) Building Skills
- (2) Basket Toss
- (3) Connected Jumps - variety of (2)
- (5) Eight Count Dance

LENGTH: 2 Minute

RUNNING DIFFICULTY	15
STANDING DIFFICULTY	15
RUNNING EXECUTION	5
STANDING EXECUTION	5
ROUTINE COMPOSITION	5
OVERALL IMPRESSION	5
TOTAL POINTS	50

BUILDING DIFFICULTY	20
BUILDING EXECUTION	10
DANCE	5
JUMPS	5
ROUTINE COMPOSITION	5
OVERALL IMPRESSION	5
TOTAL POINTS	50

DEDUCTIONS

ATHLETE FALL - .75

- Body Contact To The Performance Floor
- Obvious Tumbling Mistake

STUNT ISSUE - .75

- Bobbles Or Transitional Issues
- Drops To A Cradle Or Load-In Position
- Single Base Falling To The Performance Floor
- Incomplete Basket Toss
- Obvious Building Mistake

STUNT FALL - 1.00

- Stunt Drops To The Performance Floor
- Flyer Falling To The Performance Floor
- Multiple Bases Falling To The Performance Floor

MAXIMUM STUNT - 1.50

- Multiple Issues In The Stunt

TIME VIOLATION - 1.00

- Exceeding The Required Time Limit

BOUNDARY VIOLATION - .50

- Step Outside The Performance

IMAGE POLICY - .50

- Inappropriate Choreography
- Wearing A Gym Uniform / Gym

UNSPORTSMANLIKE CONDUCT - 1.00

*Any additional skills may increase score.
The Individual, Tumble, and Group Routine divisions must perform on a spring floor.
The Stunt Routine division may perform on a spring floor, hard floor, or grass*

ROUTINE SCORING SYSTEM



BUILDING DIFFICULTY

- 0 Points:** No skills performed
1-9 Points: Performed less than half of necessary skills
9-17 Points: Perform more than half of necessary skills
0-1 Points: Creativity

1-2 Points: Basket Toss

Once in range - the score will be based on degree of difficulty, body positions, transitions, dismounts, combination of skills, pace, and creativity.

BUILDING EXECUTION

- 0-4 Points:** Poor
4-6 Points: Average
6-8 Points: Great
8-10 Points: Excellent

Score will be based on the top person and bases performance.
Factors include: stability, transitions, flexibility, body control, and movement.

** basket toss execution score included in this section **

DANCE

Visuals, levels, formation changes, footwork, floor work, pace, level of perfection, and motion strength.

JUMPS

Must be three advanced connected whipped jumps; not 2+1. The score will be based on variety, approach, arm placement, leg placement, landing, and synchronization

ROUTINE COMPOSITION

Spacing, formations, and routine transitions throughout the performance. It will also include the use of innovative and unique visuals to enhance the overall routine appeal. Each judge will score between 0-5 points then averaged with the other judges for the total score.

** Tumbling and building difficulty scores will be based off the industry standard for each level.

** Levels 3, 4, 5, and Junior Elite are limited to specific divisions. Refer to the "divisions" page for the full list of the divisions.

TUMBLING DIFFICULTY

- 0 Points:** No skills performed
1-10 Points: Score based on skills performed

Once in range - the score will be based on participation, the degree of difficulty, variety, and synchronization (for Tumbling and Group Routine divisions).

Group Routine Participation: 1.0 of the 10.0 points
20% (.20) | 40% (.40) | 60% (.60) | 80% (.80) | 100% (1.0)

STANDING & RUNNING EXECUTION

- 0-2 Points:** Poor
2-3 Points: Average
3-4 Points: Great
4-5 Points: Excellent

Approach, body control, landings, and synchronization (for Tumbling and Group Routine divisions).

OVERALL IMPRESSION

The ability to impress the judges from beginning to end - demonstrating a high level of energy, enthusiasm, and an entertainment value throughout the performance. Each judge will score between 0-5 points then averaged with the other judges for the total score.

RULES & REGULATIONS



● REGISTRATION

The fee is \$50 per athlete. An athlete may compete in two divisions max but may not compete in the same division twice. The second division registration fee is + an additional \$30. Registration will close at 11:59 CST August 31st, 2026.

● 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.

● 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+]

● UNIFORM

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

● 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.

● 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.

● 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

FREQUENTLY ASKED QUESTIONS



- **How much is registration?**
The registration fee is \$50 per athlete. It is an additional \$30 for the second division registration.
- **What is included with registration?**
The registration includes competition entry and custom music options created by industry leading producers from New Level Music.
- **Am I allowed to compete in the same division?**
No. Athletes are allowed to compete in (2) different divisions. They may also compete in two different age groups, if eligible.
- **How do you check eligibility?**
We do not require documents to enter the virtual competition. After the event, each division winner will be required to forward their birthcertificate to receive their reward. Submitting false or forged documents will result in permanent disqualification from The Nation's Best event.
- **Is there a required attire for performing athletes?**
There is no required uniform but all team members must match. Black on black is always a safe option.
- **What is the judging process?**
Each division will consist of three (3) judges to score the degree of difficulty, execution, choreography and their overall impression. The top 10 placements in each division will go through a second round of judging to properly finalize the placement.
- **When are video submissions due?**
Video submission link will open September 1-6, 2026.
- **What is the reward for winning?**
Each winning athlete will receive The Nation's Best championship letterman jacket of their choice + a personal "18x24" championship banner.
- **When is the live events?**
Currently, the event is a virtual competition. The live event is planned for the near future.
- **Is there a specific scoring rubric for tumbling and building difficulty?**
There is no specific scoring rubric. The skill expectation is based off the industry standard for each level. Consult with your gym owner or coach for the information to help with routine planning and creation.

*** Any division with fewer than three registered participants will be canceled. Affected participants will be notified and reassigned to a different division at the same level. For example: youth 3 would be moved to junior 3.**