



**NEW OPPORTUNITIES  
FOR YOUR GYMNAST TO  
COMPETE IN COLLEGE**



# The NCATA and Acrobatics & Tumbling

- The NCATA is the governing body of collegiate Acrobatics & Tumbling.
- Acrobatics and Tumbling is the evolution of different forms of gymnastics.
- The recruiting base for Acrobatics and Tumbling is broad pulling from any discipline of gymnastics (most often - artistic gymnastics, trampoline and tumbling, acrobatic gymnastics) and high level competitive cheer
- The NCATA is working with the NCAA to reach emerging sport status and ensures fair and safe varsity competition for female student-athletes at the collegiate level

# 18 Colleges & Universities Sponsoring the Sport

## Division I

- Baylor University (TX)
- Quinnipiac University (CT)
- University of Oregon (OR)

## Division III

- Adrian College (MI)
- Concordia University of Wisconsin (WI)

## NAIA

- Georgetown College (KY)
- Arizona Christian University (AZ)

## Division II

- Alderson Broaddus University (WV)
- Azusa Pacific University (CA)
- Converse College (SC)
- Davis & Elkins College (WV)
- Fairmont State University (WV)
- Gannon University (PA)
- Glenville State College (WV)
- Hawaii Pacific University (HI)
- King University (TN)
- West Liberty University (WV)
- West Virginia Wesleyan College (WV)



# Competition Season & Training

- Spring sport, competing February – April
- Teams compete in a range of 6-10 meets each season on member campuses
- National Championships take place in April on a member campus
  - 8 team single elimination tournament
  - Individual event finals in Acrobatics, Pyramid, Toss and Tumbling heats
- Athletes train year round, safely progressing through skill acquisition
- Athletes train in a sport specific strength & conditioning regimen



# Meet Format

- WATCH: [http://thencata.org/information/Meet\\_Format](http://thencata.org/information/Meet_Format)
- Meets consists of 6 events for a total of 20 heats
- Each event has a start value based on difficulty of the skills being competed
- Meets are competed on non-spring foam mats in a typical basketball or volleyball arena
- Teams are comprised of 24 – 40 athletes, with specialists for tumbling, tops, bases
- Athletes of all heights and sizes



# Scholarship Opportunities

- Each team can offer a maximum number of equivalency scholarships based on their NCAA Division
  - Division I - maximum of 12
  - Division II - maximum of 6
  - Division III – no athletic scholarships (however other financial aid may available at the institution)
- Athletes typically do NOT receive a “full-ride” scholarship, but academic financial aid can be paired with athletic financial aid – inquire with each school about opportunities



# Recruitment

- NCATA members follow NCAA rules eligibility and recruiting
  - Take the SAT or ACT
  - Register with the NCAA Eligibility Center- register under GYMNASTICS
  - Download the NCAA's Guide for the College Bound Student-Athlete
- Contact coaches at NCATA member institutions directly
  - Recruiting rules differ at DI, DII and DIII levels
- Create a Recruiting Video
  - Contact coaches to learn which skills they would like to see you safely execute
- Write a short biography including – academics, activities, honors, as well as your competition history, team information and skill set

