

STUNT PROGRESSIONS



RELEASE	INVERSION	TWISTING	OTHER	COED
- Release (ex: Quick Toss, Ball-Up, Switch-Up) to Below Prep Level - Horizontal Release to Prep Level and Below - Extended Release to Below Prep - Below Prep Release to Below Prep	- Connected/Released Ground Inversions to Below Prep - Connected Prep Inversions to Below Prep - Below Level Inversions to Ground (yo-yo, back walkover, etc.) - Prep Level Released Inversion to Below Prep - Hand to Hand Inversion to Below Prep	¼ or ½ up to Prep Level ¼ or ½ up to Extended Level ¼ or ½ Twisting Transitions to Side/Prone/Cradle	- Thigh Stands, Shoulder Sit, Shoulder Stand - Prep or Extension – 2 Feet, Lib or Body Position - Single Base Prep Level Stunt - Cradle Dismount from Extension - Full Twisting Dismount from Prep - Straight Ride Basket	- Assisted Coed Skills to Prep Level - Assisted Walk In / Toss to Chair - Assisted Walk In / Toss to Hands - Walk In Hands Press Extension - Assisted Press Extension
- Release (ex: Quick Toss, Ball Up, Switch Up) to Prep Level - Up to a ¼ Twisting Switch Up to Prep Level Single Leg - Prep Level Tic Toc - Extended Release to Prep Level - Prep Level Release to Prep	- Connected/Released Ground or Prep Inversions to Prep - Suspended Forward Roll Variations & Inverted dismounts (pancake, cartwheel style) - Hand to Hand Inversion Released to Prep	- Full Up to Prep Level and Below - Full Up Variations (ex: Cross Leg, Bases Moving, Multiple Connections) - Twisting Transition to side/prone/cradle - Full Twist Transition Below Prep Level	- Single Base Extension ¼ or ½ Up to Single Base Extension - Full Twisting Dismount from Extension - Non-Twisting Basket Skills (ex: Toe Touch, Pike)	- Toss Hands - Toss Hands Press Extension - Walk In Extension - Assisted Coed Skills to Extended
- Release to Extended (ex: Low-to-High Tick, Ball Up, Switch Up) - Horizontal Release to Extended - Up to ¼ or ½ Twisting Switch Up to Extended Level Single Leg - Prep Level Release to Extended - Tic Toc Extended Single Leg (High to High)	- Connected/Released Ground Inversions to Extended - Connected/Released Prep Level and Below Inversions to Extended - Hand to Hand Inversion Released to Extended	- Full Up to Extended - Hands Full Around to Extension	- Single Base Extended Single Leg - Full Twisting Dismount from Extended Single Leg - Kick Full Twisting Dismount from Extended Single Leg - Single Twist Basket - Multiple Skill Basket (ex: Ball X)	- Assisted Coed Full Twisting Skills to Extended - Toss Hands, Press Extended Single Leg - Toss Extension - Assisted Tic Toc to Extended (Low to High)
½ Twisting Release to Extended (ex: Ball up, Quick toss) - Horizontal Release to Body Position - Full Twisting Switch Ups to Extended Single Leg - Tic Toc to Extended Body Position (Low to High) ½ Twisting Tic Toc to Extended Single Leg (Low to High) - Tic Toc to Extended Single Leg (High to High, Lib to Lib)	- Connected Full Twisting Ground Inversion to Extended - Connected Full Twisting Prep Level and Below Inversions to Extended - Ground/Prep Level Released Inversion to Extended Body Position - Hand to Hand Inversion Released to Extended Single Leg	1 ½ Up to Extended - Hands 1 ½ Around to Extended - Hands Full Around to Extended Body Position - High to High Full Around to Extended	- Single Base Variations that include Releases to Extended Single Leg - Basket Skill with a Twist (ex: Kick Full)	- Assisted Toss Single Arm Extended Stunts - Toss Hands, Press to Extended Single Arm Stunt - Toss Extended Single Leg - Assisted Tic Toc to Extended (High to High) - Toss Full Up to Prep - Released Inversion to Prep
- Full Twisting Release to Extended (ex: , Ball-Up, Quick Toss) - Horizontal Twisting Release to Extended - Full Twisting Switch-Up to Extended Body Position - Full Twisting Tic Toc to Extended Single Leg (High to High) - Up to ¼ Twisting Tic Toc Extended Single Leg (High to High, Body Position to Body Position)	- Shoulder or Ground Inversion Released to Extended Body Position - Hand to Hand inversion release to Extended Body Position - Alternate Entries to Hand in Hand Stunts (ex: Diamidov, Full Around IN Hand to Hand) - Twisting Released Inversion to Extended	- Double Up to Extended - Hands Double Around to Extended - High to High Full Around to Body Position - High to High Full Around to Extended (Single Leg to Single Leg) - High to High 1 ½ Around to Extended	- Single Base Variations that include Full Twisting and/or Twisting Releases to Extended (ex: Full Up, ¼ or ½ Twist Switch Up, Full Twisting Switch Up, ¼ Twisting Tic Toc etc.) - Single Base Inversions to Extended - Triple Skill Basket (ex: Hitch Kick Full)	- Assisted Twisting Release Inversions to Extended ½ Twist (or greater) Release from Hands to Extended - Toss Extended Single Arm Variation - Toss Full Up to Extended - Release Inversion to Extended

STUNT PROGRESSION NOTES:

- **Basket Tosses** could improve/affect Partner Stunt Difficulty and Execution.
- A Liberty is not considered a body position
- **Release Skills** – When scoring difficulty, judges will evaluate the following: minimum movements of bases, limited number and type of connection between bases and top, top person's beginning and ending position and completion of the skill
- **Inversion Skills** – Credit for inversions will only be received if the weight of the top person is held in the upper portion of the top and the skill is inverted at the dip. When comparing inversions, consider the difficulty of the entry skill. A Back handspring would be considered more difficult than a cartwheel or round-off entry.
- **Twisting** – When scoring difficulty, judges will evaluate the following: minimum movements of bases, limited number and type of connections between bases and top, top person's beginning and ending position, and completion of the skill.
- **Coed Skills** – consider utilization of male athletes in single-base skills
- **Adding a $\frac{1}{4}$ turn to release from inverted positions will move difficulty up within the established range.**



Non-Released Transitions (Top person remains connected to a base/spotter)	Released Transitions (Top person is released from all bases/spotters)	Braced Roll / Flip
- Braced non-released transitions - Inverted stunts to prep level and below - Intermediate full up variations	- Released transitions to any level w/ 2 bracers - Released transitions to prep level or below w/ 1 bracer - Switch up landing extended – braced or unbraced	- Rolling transition to prep level and below - Flipping transition landing below prep level w/ 1 or 2 bracers
- Inverted stunts to extended w/ 2 bracers - Advanced full up variations	- Released transition landing extended w/ single bracer - Braced inverted stunts released to prep level and below	- Rolling transition to extended position (1 or 2 bracers) - Flipping transition landing in prep level (2 bracers) - Twisting flipping transition landing below prep level (1 or 2 bracers) - Flipping transition landing at prep level (1 bracer)
- Inverted stunts involving spinning to extended (2 bracers) - Inverted stunts to extended (1 bracer) - Elite full up variations - Single base advanced full up variations	- Released transition involving spinning or inversion that land extended (2 bracers) - Unbraced releases landing extended	- Flipping transition landing extended (2 bracers) - Twisting flipping transition landing at prep level (1 or 2 bracers) - Flipping transition starting at prep or above, landing extended (2 bracers)
- Inverted stunts involving spinning to extended (1 bracer) - Super elite full up variations - Single base Elite / Super Elite variations	- Released transition to extended involving spinning / inversions (1 bracer) - Unbraced spinning / inversions release to landing in extended	- Flipping transition landing extended (1 bracer) - Twisting flipping transition landing extended (1 or 2 bracer) - Flipping transition starting at prep or above, landing extended (1 bracer)

- When considering difficulty, utilizing less bracers increases difficulty
- The point of connection will be considered for awarding difficulty
- Utilization of all groups should be considered for awarding difficulty
- Consider involvement of male athletes in pyramid skills when considering “Use of Coed skills”