



PYRAMID PROGRESSIONS

Non-Released Transition

- Braced non-released transitions
- Inverted stunts to prep level and below
- Intermediate full up variations

- Inverted stunts to extended - (2)
- Advanced full up variations

- Inverted stunts involving spinning to extended - (2)
- Inverted stunts to extended - (1)
- Elite full up variations
- Single base advanced full up variations

- Inverted stunts involving spinning to extended - (1)
- Super elite full up variations
- Single base elite / super elite full up variations

Released Transition

- Released transition to any level - (2)
- Released transition to prep or below - (1)
- Switch up landing extended - braced or unbraced

- Released transition landing extended - (1)
- Braced inverted stunts released to prep level

- Released transition involving spinning or inversion that land extended - (2)
- Unbraced releases la

- Released transition to extended involving spinning / **inversions** - (1)
- Unbraced spinning / inversions release landing extended

Braced Roll/Flip

- Flipping transition landing below prep level - (1 or 2)
- Rolling transition to prep and below

- Flipping transition landing at prep level - (2)
- 1/2 twisting flipping transition landing below prep level - (1 or 2)
 - Full twisting flipping transition to below prep level - (1 or 2)
- **Flipping transition landing at prep level - (1)**
- Rolling transition to extended position - (2)

- Flipping transition landing extended - (2)
- 1/2 twisting flipping transition landing at prep level - (1 or 2)
- Rolling transition to extended position - (1)
- **Flipping transition landing extended - (1)**
- Full twisting flipping transition to prep level - (1 or 2)
- **Flipping transition landing extended with minimal bases**

- Flipping transition starting at prep or above, landing extended - (2)
- 1/2 twist flipping transition landing extended - (1 or 2)
- **Flipping transition starting at prep or above, landing extended - (1)**
- Full twisting flipping transition to extended level - (1 or 2)

Additional Info:

- Number in () is the number of bracers utilized during the transition
- When considering difficulty, utilizing less bracers should receive more credit
- The point of connection will be taken into account for awarding difficulty.