

BUILDING PROGRESSIONS

	Release	Inversion	Twisting	Other	Braced Flips/Rolls
BASIC	<ul style="list-style-type: none"> • Release moves to below prep level • Horizontal release move to below prep level 	<ul style="list-style-type: none"> • Below prep level inversions out of skills (yo-yo, back walk-over) • Ground inversions to below prep level • Prep level inversion to below prep level • Prep level inversion release to below prep level 	<ul style="list-style-type: none"> • ¼ to ½ up to prep level • ¼ to ½ up to extended • Less than Full Twisting transitions to side/prone/ cradle • Rewind transition to load from Prep 	<ul style="list-style-type: none"> • Prep • Cradle caught from extension • Transition from below prep to Prep 1 leg body position • Pop off • Extended Target/Liberty • Full twisting dismount from 2 legs 	<ul style="list-style-type: none"> • Roll to prep level and below (1 or 2) • Flip to below prep level (1 or 2)
INTERMEDIATE	<ul style="list-style-type: none"> • Release moves to prep level (Quick toss, switch up, Ball up) • Prep level tick tock • Horizontal release move to prep level 	<ul style="list-style-type: none"> • Suspended Rolls include twisting variations • Hand to Hand inversion release to below prep level • Inverted dismounts (waterfall, pancake) • Ground inversion to prep level 	<ul style="list-style-type: none"> • Full or greater Twisting transitions to side/prone/ cradle • Rewind transition to load from extended • Full up variations to extended (cross leg, bases moving, multiple connections) • Full up to prep level and below variations 	<ul style="list-style-type: none"> • Single Base to Prep (Non-Toss) • Straight Ride Basket Toss • Extended Body Positions • Non-twisting “bent leg” toss skills • Full twisting dismount from single leg • Single base toss to Hands (prep) 	<ul style="list-style-type: none"> • Roll to extended level (2) • Flip to prep level (2) • Roll to extended level (1)
ADVANCED	<ul style="list-style-type: none"> • Switch up to extended one leg • Release moves to extended (Low to High tick, Ball up, Quick Toss) • ½ Twisting Switch up to extended one leg • Horizontal release moves to extended 	<ul style="list-style-type: none"> • Released inversions to prep level • Hand to Hand inversion release to prep • Alternate entries (Diamidov) to Hand to Hand, released to prep level • Ground inversion to extended 	<ul style="list-style-type: none"> • Full up to extended, target, or liberty • Full up to extended body Positions • Hands full around to extended, target or liberty 	<ul style="list-style-type: none"> • Extended single base to extended, target, or liberty • Kick full twisting dismount • Single skill basket toss (including Twist) • Multiple skill basket toss (non-twisting) • Toss to Extension, target, or Liberty • Extended single base body position • ½ up to extended single base 	<ul style="list-style-type: none"> • ½ Twisting flip to below prep level (1 or 2) • Flip to prep level (1) • Side somi load to prep level (1) • Full twisting flip to prep level or below (1) • Side somi prep level to prep level (1)
ELITE	<ul style="list-style-type: none"> • Low to High tick to Body Position • ½ Twisting release moves to extended (Low to High tick, Ball up, Quick Toss) • High to High Tick Tocks • Full Twisting Switch ups • Horizontal release move to extended Body Position • High to High Tick Tocks (target/lib to Body Position or vis-à-vis) 	<ul style="list-style-type: none"> • ½ Twisting inversion to extended • Prep level inversion release to extended • Ground inversion release to extended 	<ul style="list-style-type: none"> • High to high full around – 2 feet • Hands 1 1/2 around to extended • 1 1/2 up to extended 	<ul style="list-style-type: none"> • Single skill basket toss, plus a twist • Switch up to extended 1 leg single base • Toss to extended body position • Double skill basket toss, plus a Twist • Single base toss to hands (extended) 	<ul style="list-style-type: none"> • Flip to extended level (2) • ½ Twisting flip to prep level (1) • Flip prep level to extended level (2) • Full twisting flip to prep level (1)
SUPER ELITE	<ul style="list-style-type: none"> • High to High Tick Tocks (body position to body position) • Full Twisting Switch Ups to body position • Full twisting release moves to extended (Low to High tick, Ball up, Quick Toss) • Horizontal twisting release move to extended 	<ul style="list-style-type: none"> • Full Twisting inversions to extended • Prep level inversions release to extended body position • Ground inversion release to extended body position • Hand to Hand inversion release to extended • Alternate entries (Diamidov) to Hand to Hand, release to extended • Full Twisting Release inversion to Extended 	<ul style="list-style-type: none"> • Double up to extended • Hands double around to extended • High to High full around – 1 foot • High to High double around • Double Dragon Prep to Extended • Double Dragon Extended to Extended 	<ul style="list-style-type: none"> • Triple Skill Basket Toss plus a Twist • Extended single base variations that include twisting/releases (low to high tick tock, full up, ½ switch up) • Single base toss to hand (extended body position) • Single bases high to high tick tock 	<ul style="list-style-type: none"> • Flip below prep level to extended level (1) • Flip to extended level landing on a single base (2) • Flip prep level or above to extended level (1) • Twisting flip to extended level (1) • Flip to extended level landing on a single base (1) • Twisting flip to extended level landing on a single base (1)

BUILDING PROGRESSIONS

- Progression level of skills performed (Level and Number of Bases), quantity of skills performed, synchronization and/or use of multiple groups to comparatively score teams between **0 - 8.5**
- **Pace Driver (0.5)** - Stunt sequences have a consistent, quick pace and connection of skills.
- **Variety Driver (0.5)** - Showcasing 3 or more different categories of skills.
 - Ex: Switch ups, High to High Libs, and Low to High Body Positions are all the same category (Releases) **would NOT get the Variety Driver**
 - Ex: BHS Release to Extended, BWO Release to Extended, and Shoulder Inversion Release to Extended are all the same category (Inversions) **would NOT get the Variety Driver**
 - Ex: BHS Release to Extended (Inversions/Release), Round-off Full Up (Inversion/Spinning), and High-to-High to Body Position (Release) are 3 different categories and **would get the Variety Driver**
 - Ex: Full up to Prep (Spinning), Low to High (Release), Handstand to Load (Inversion) are 3 different categories and **would get the Variety Driver**
- **Maximum Participation Driver (0.5)** – A minimum of 3 skills were performed by the maximum number of participants/stunt groups for stunts and the maximum number of braced flyers performing the skills for pyramids.
 - Assume Baskets are based on performing with 5 athletes per group
 - Team size 0 - 7 must have 2 groups performing skills to get this Driver for Stunts
- **Release Skills** - When scoring difficulty, judges will consider the following: minimum movement of bases, 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, the difficulty of the entry skill. Adding a ¼ turn to release from inverted position will move difficulty up within the established range.
- **Twisting** – When scoring difficulty, judges will consider the following: minimum movement of bases, limited number and type of connections between bases and top, top person's beginning and ending position, and completion of the skill.
- **Extra Bases** – Skills performed using extra bases to execute a skill make the skill significantly lower in the progression – typically dropping a full progression level
- **Body Positions** – Liberty and Hitch are not considered body positions.
- **Braced (Pyramid) Skills** –
 - Skills may be assessed lower in the progression depending on how many bracers are involved with the skill and when the bracer connects with the flyer.
 - Braced Release Skills – When scoring difficulty, judges will consider the following: number of bracers, height/distance between the flyer and bases during the release, movement of the bases, and landing on new bases (if applicable).
- **Braced Flip/Rolls** –
 - The number in parenthesis indicates how many bracers have a hand-to-hand connection with the flyer
 - In terms of progression, starting at a load is the lowest in progression, starting on the ground is the next progression, then starting at a prep is the highest progression