### STUNT PROGRESSIONS

#### RELEASE
When scoring difficulty, judges will take into account 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.

<table>
<thead>
<tr>
<th>Inverted skills below prep level</th>
<th>• Release move from below prep level release to below prep level skill</th>
<th>• Release move from below prep level to prep level (Quick toss, switch up, ball up)</th>
<th>• Quick toss to extended two leg stunt</th>
<th>• Low to high tick tock variations (body position to body position)</th>
<th>• Full up switch ups</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Ground inversions transitioned to below prep level</td>
<td>• Release moves caught at prep level or below</td>
<td>• Release moves caught at extended (low to high tick tock, prep release ball to extended)</td>
<td>• ¾ around release moves to extended</td>
<td>• Full twisting release moves to extended</td>
<td></td>
</tr>
<tr>
<td>• Below prep level inversions out of stunts (yo-yo, back walkover, etc.)</td>
<td>• Prep level tick tock</td>
<td>• Quick toss to single leg extended</td>
<td>• High to High Tick Tocks</td>
<td>• Full up quick toss to extended</td>
<td></td>
</tr>
<tr>
<td>• Prep level inverted stunts</td>
<td>• Switch up to extended one leg stunts</td>
<td>• ½ switch up to extended one leg</td>
<td>• High to High Tick Tocks</td>
<td>• High to High Tick Tocks (body position)</td>
<td></td>
</tr>
<tr>
<td>• Released inversions to below prep level</td>
<td>• Suspended Roll include twisting variations</td>
<td>• Prep level and below inverted stunts transitions to extended</td>
<td>• Released inversions to prep level</td>
<td>• ½/4 Twisting High to High Tick Tocks (body position)</td>
<td></td>
</tr>
<tr>
<td>• Ground inversion transitioned to prep level</td>
<td>• Inverted dismounts (Waterfall/Cartwheel style)</td>
<td>• Released inversions to prep level</td>
<td>• Ground inversions transitioned to extended</td>
<td>• Inverted dismounts</td>
<td></td>
</tr>
<tr>
<td>• Prep level inverted stunts</td>
<td>• Hands full around to extended</td>
<td>• Released inversions to prep level</td>
<td>• Ground inversion release to extended</td>
<td>• Switch or greater release moves (Hands full around/ low to high)</td>
<td></td>
</tr>
<tr>
<td>• Released inversions to below prep level</td>
<td>• Twisting transitions to side / prone / cradle</td>
<td>• Ground inversion release to extended</td>
<td>• Prep level inverted stunts</td>
<td>• High to High Tick Tocks</td>
<td></td>
</tr>
<tr>
<td>• Rewind transition to load</td>
<td>• Full up variations (cross leg, bases moving, multiple connections)</td>
<td>• Prep level inverted stunts</td>
<td>• Ground inversion release to extended</td>
<td>• Released Inversion to prep level</td>
<td></td>
</tr>
<tr>
<td>• Full up to extended target / liberty</td>
<td>• Full up to extended target / liberty</td>
<td>• Full up to extended</td>
<td>• Twist up to extended one leg single base</td>
<td>• Released inversion to extended</td>
<td></td>
</tr>
<tr>
<td>• Full up to body positions</td>
<td>• Full up to body positions</td>
<td>• 1 1/2 up to extended</td>
<td>• Extended single base variations that include twisting / releases (low to high tick tock, full up, 1/2 switch up)</td>
<td>• Extended single base variations that include twisting / releases (low to high tick tock, full up, 1/2 switch up)</td>
<td></td>
</tr>
</tbody>
</table>

#### INVERSION
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.

<table>
<thead>
<tr>
<th>• Straddle lift at prep level</th>
<th>• Extension</th>
<th>• Full twisting dismount from single leg stunts</th>
<th>• Switch up to extended one leg single base</th>
<th>• Toss to immediate extended body position</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Flat back stunt</td>
<td>• Full twisting dismount from two leg stunts</td>
<td>• Extended single base liberty</td>
<td>• Low to low/high tick tocks</td>
<td>• Low to low/high tick tocks</td>
</tr>
<tr>
<td>• Prep</td>
<td>• Single leg extended variations</td>
<td>• Extended single base body position</td>
<td>• Toss one arm extended</td>
<td>• Toss one arm extended</td>
</tr>
<tr>
<td>• Assisted walk in chair</td>
<td>• Single base extension</td>
<td>• ½ Twisting to extended single base</td>
<td>• Toss full up to extended</td>
<td>• Toss full up to extended</td>
</tr>
<tr>
<td>• Assisted toss chair</td>
<td>• Assisted walk in chair</td>
<td>• Walk in hands press extension</td>
<td>• ½ Twist or greater release moves (Hands full around/ low to high)</td>
<td>• ½ Twist or greater release moves (Hands full around/ low to high)</td>
</tr>
<tr>
<td>• Assisted walk in hands</td>
<td>• Assisted walk in hands</td>
<td>• Toss hands press extension</td>
<td>• High to High Tick Tocks</td>
<td>• High to High Tick Tocks</td>
</tr>
<tr>
<td>• Assisted toss hands</td>
<td>• Assisted toss hands</td>
<td>• Walk in extension</td>
<td>• Assisted full up variations to extended level</td>
<td>• Assisted walk in hands</td>
</tr>
<tr>
<td>• Assisted coed skills at prep level</td>
<td>• Assisted coed skills at prep level</td>
<td>• • Assisted coed skills at prep level</td>
<td>• • Assisted coed skills at prep level</td>
<td>• • Assisted coed skills at prep level</td>
</tr>
<tr>
<td>• Walk in hands press extension</td>
<td>• • Walk in hands press extension</td>
<td>• • Walk in hands press extension</td>
<td>• • Walk in hands press extension</td>
<td>• • Walk in hands press extension</td>
</tr>
<tr>
<td>• Toss hands press extension</td>
<td>• • Toss hands press extension</td>
<td>• • Toss hands press extension</td>
<td>• • Toss hands press extension</td>
<td>• • Toss hands press extension</td>
</tr>
<tr>
<td>• Walk in extension</td>
<td>• • Walk in extension</td>
<td>• • Walk in extension</td>
<td>• • Walk in extension</td>
<td>• • Walk in extension</td>
</tr>
<tr>
<td>• Assisted full up variations to extended level</td>
<td>• • Assisted full up variations to extended level</td>
<td>• • Assisted full up variations to extended level</td>
<td>• • Assisted full up variations to extended level</td>
<td>• • Assisted full up variations to extended level</td>
</tr>
</tbody>
</table>

#### TWISTING
When scoring difficulty, judges will take into account 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.

<table>
<thead>
<tr>
<th>• 1/4 up to prep</th>
<th>• Full up variations (cross leg, bases moving, multiple connections)</th>
<th>• Full twisting dismount from single leg stunts</th>
<th>• Switch up to extended one leg single base</th>
<th>• Toss to immediate extended body position</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 1/2 up to prep</td>
<td>• Full up to prep level and below variations</td>
<td>• Extended single base liberty</td>
<td>• Low to low/high tick tocks</td>
<td>• Low to low/high tick tocks</td>
</tr>
<tr>
<td>• 1/4 up to extended</td>
<td>• Twisting transitions to side / prone / cradle</td>
<td>• Extended single base body position</td>
<td>• Toss one arm extended</td>
<td>• Toss one arm extended</td>
</tr>
<tr>
<td>• 1/2 up to extended</td>
<td>• Rewind transition to load</td>
<td>• ½ Twisting to extended single base</td>
<td>• Toss full up to extended</td>
<td>• Toss full up to extended</td>
</tr>
</tbody>
</table>

#### OTHER

<table>
<thead>
<tr>
<th>• Straddle lift at prep level</th>
<th>• Extension</th>
<th>• Full twisting dismount from single leg stunts</th>
<th>• Switch up to extended one leg single base</th>
<th>• Toss to immediate extended body position</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Flat back stunt</td>
<td>• Full twisting dismount from two leg stunts</td>
<td>• Extended single base liberty</td>
<td>• Low to low/high tick tocks</td>
<td>• Low to low/high tick tocks</td>
</tr>
<tr>
<td>• Prep</td>
<td>• Single leg extended variations</td>
<td>• Extended single base body position</td>
<td>• Toss one arm extended</td>
<td>• Toss one arm extended</td>
</tr>
<tr>
<td>• Assisted walk in chair</td>
<td>• Single base extension</td>
<td>• ½ Twisting to extended single base</td>
<td>• Toss full up to extended</td>
<td>• Toss full up to extended</td>
</tr>
<tr>
<td>• Assisted toss chair</td>
<td>• Assisted walk in hands</td>
<td>• Walk in hands press extension</td>
<td>• ½ Twist or greater release moves (Hands full around/ low to high)</td>
<td>• ½ Twist or greater release moves (Hands full around/ low to high)</td>
</tr>
<tr>
<td>• Assisted walk in hands</td>
<td>• Assisted toss hands</td>
<td>• Toss hands press extension</td>
<td>• High to High Tick Tocks</td>
<td>• High to High Tick Tocks</td>
</tr>
<tr>
<td>• Assisted coed skills at prep level</td>
<td>• Assisted coed skills at prep level</td>
<td>• Walk in extension</td>
<td>• Assisted full up variations to extended level</td>
<td>• Assisted walk in hands</td>
</tr>
<tr>
<td>• Walk in hands press extension</td>
<td>• • Walk in hands press extension</td>
<td>• • Walk in extension</td>
<td>• • Assisted full up variations to extended level</td>
<td>• • Assisted coed skills at prep level</td>
</tr>
</tbody>
</table>