



# PYRAMID PROGRESSIONS

|   | 1-2 points   | 2-3 points  | 3-4 points  | 4-5 points  |
|---|--|---|---|---|
| <b>NON-RELEASED TRANSITION</b><br>Top person remains connected to a base/spotter. | <ul style="list-style-type: none"> <li>• Braced non-release transitions</li> <li>• Inverted stunts to prep level and below</li> <li>• Intermediate full up variations</li> </ul>   | <ul style="list-style-type: none"> <li>• Inverted stunts to extended – 2 bracers</li> <li>• Advanced full up variations</li> </ul>  | <ul style="list-style-type: none"> <li>• Inverted stunts involving spinning to extended – 2 bracers</li> <li>• Inverted stunts to extended – 1 bracer</li> <li>• Elite full up variations</li> <li>• Single base advanced full up variations</li> </ul> | <ul style="list-style-type: none"> <li>• Inverted stunts involving spinning to extended – 1 bracer</li> <li>• Super elite full up variations</li> <li>• Single base elite / super elite full up variations</li> </ul>   |
| <b>RELEASED TRANSITION</b><br>Top person is released from all bases/spotters      | <ul style="list-style-type: none"> <li>• Released transitions to any level – 2 bracers</li> <li>• Released transitions to prep or below – 1 bracer</li> <li>• Switch up landing extended – braced or unbraced</li> </ul> | <ul style="list-style-type: none"> <li>• Released transition landing extended – 1 bracer</li> <li>• Braced inverted stunts released to prep level and below</li> </ul>  | <ul style="list-style-type: none"> <li>• Released transition involving spinning or inversion that land extended – 2 bracers</li> <li>• Unbraced releases landing extended</li> </ul>  | <ul style="list-style-type: none"> <li>• Released transition to extended involving spinning / inversions – 1 bracer</li> <li>• Unbraced spinning release landing extended</li> </ul>  |
| <b>BRACED ROLL / FLIP</b>   | <ul style="list-style-type: none"> <li>• Flipping transition landing below prep level – 1 or 2 bracers</li> <li>• Rolling transition to prep and below</li> </ul>  | <ul style="list-style-type: none"> <li>• Rolling transition to extended positions – 1 or 2 bracers</li> <li>• Flipping transition landing at prep level – 1 or 2 bracers</li> <li>• Twisting flipping transition landing below prep level – 1 or 2 bracers</li> </ul> | <ul style="list-style-type: none"> <li>• Flipping transition landing extended – 2 bracers</li> <li>• Twisting flipping transition landing at prep level – 1 or 2 bracers</li> <li>• Full twisting flipping transition to prep level</li> </ul>          | <ul style="list-style-type: none"> <li>• Flipping transition landing extended – 1 bracer</li> <li>• Twisting flipping transition landing extended – 1 or 2 bracers</li> <li>• Flipping transition starting at prep or above, landing extended – 1 bracer</li> </ul> |

- When considering difficulty, utilizing less bracers should receive more credit.
- The point of connection will be taken into account for awarding difficulty.