



# STUNT PROGRESSIONS

	0-1 points	1-2 points	2-3 points	3-4 points	4-5 points
<p><b>RELEASE</b></p> <p>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.</p>	<ul style="list-style-type: none"> <li>Release skill from below prep level to below prep level</li> <li>Horizontal release move caught below prep level</li> </ul>	<ul style="list-style-type: none"> <li>Release move from below prep level to prep level (Quick toss, switch up, ball up)</li> <li>Prep level tick tock</li> <li>Horizontal release move caught at prep level</li> </ul>	<ul style="list-style-type: none"> <li>Quick toss to extended</li> <li>Release moves caught at extended (low to high tick tock, switch up, etc.)</li> <li>Horizontal release move caught at extended</li> </ul>	<ul style="list-style-type: none"> <li>Low to high tick tock variations (body position to body position)</li> <li>1/2 around release moves to extended</li> <li>High to High Tick Tocks</li> <li>Horizontal release move caught at extended level body position</li> </ul>	<ul style="list-style-type: none"> <li>Full twisting release moves to extended</li> <li>High to High Tick Tocks (body position to body position)</li> </ul>
<p><b>INVERSION</b></p> <p>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.</p>	<ul style="list-style-type: none"> <li>Inverted skills below prep level</li> <li>Ground inversions transitioned to below prep level</li> <li>Below prep level inversions out of stunts (yo-yo, back walkover, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>Suspended Roll include twisting variations</li> <li>Inverted dismounts (Waterfall/Cartwheel style)</li> <li>Ground inversion transitioned to prep level</li> <li>Prep level inverted stunts</li> <li>Released inversions to below prep level</li> </ul>	<ul style="list-style-type: none"> <li>Prep level and below inverted stunts transitions to extended</li> <li>Released inversions to prep level</li> <li>Ground inversions transitioned to extended</li> </ul>	<ul style="list-style-type: none"> <li>Twisting ground inversion to extended (1/2 up or more)</li> <li>Released inversions to extended level</li> <li>Shoulder inversion release to extended</li> </ul>	<ul style="list-style-type: none"> <li>Shoulder inversion release to extended body position</li> <li>Ground inversion release to extended</li> <li>Ground inversion release to extended body position</li> <li>Hand to hand inversion release to extended stunt</li> </ul>
<p><b>TWISTING</b></p> <p>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.</p>	<ul style="list-style-type: none"> <li>1/4 up to prep</li> <li>1/2 up to prep</li> <li>1/4 up to extended</li> <li>1/2 up to extended</li> <li>Full up variation to prep level or below (cross leg, bases moving, multiple connections)</li> </ul>	<ul style="list-style-type: none"> <li>Full up variations to extended</li> <li>Traditional full up to prep level and below</li> <li>Twisting transitions to side / prone / cradle</li> <li>Rewind transition to load</li> </ul>	<ul style="list-style-type: none"> <li>Full up variations to body position</li> <li>Traditional full up to extended</li> </ul>	<ul style="list-style-type: none"> <li>Traditional full up to body position</li> <li>Hands full around to extended</li> <li>Hands 1-1/2 around to extended</li> <li>High to high full around – 2 feet</li> <li>1-1/2 up to extended</li> </ul>	<ul style="list-style-type: none"> <li>Double up to extended</li> <li>Hands double around to extended</li> <li>High to high full around - 1 foot</li> <li>High to high double around</li> </ul>
<p><b>OTHER</b></p>	<ul style="list-style-type: none"> <li>Straddle lift at prep level</li> <li>Flat back stunt</li> <li>Prep</li> <li>Extension</li> <li>Full twisting dismount from two leg stunts</li> </ul>	<ul style="list-style-type: none"> <li>Full twisting dismount from single leg stunts</li> <li>Single leg extended variations</li> <li>Single base extension</li> </ul>	<ul style="list-style-type: none"> <li>Extended single base liberty</li> <li>Extended single base body position</li> <li>1/2 Twisting to extended single base</li> </ul>	<ul style="list-style-type: none"> <li>Switch up to extended one leg single base</li> </ul>	<ul style="list-style-type: none"> <li>Extended single base variations that include twisting / releases (low to high tick tock, full up, 1/2 switch up)</li> </ul>
<p><b>COED</b></p> <p>Unless listed as <i>Assisted</i> - All Coed stunts are to be considered <i>Unassisted</i>. Assisted skills will not receive full credit.</p>	<ul style="list-style-type: none"> <li>Assisted walk in chair</li> <li>Assisted toss chair</li> <li>Assisted walk in hands</li> <li>Assisted toss hands</li> <li>Assisted coed skills at prep level</li> </ul>	<ul style="list-style-type: none"> <li>Assisted coed skills at extended level</li> <li>Toss hands</li> </ul>	<ul style="list-style-type: none"> <li>Walk in hands press extension</li> <li>Toss hands press extension</li> <li>Walk in extension</li> <li>Assisted full up variations to extended level</li> </ul>	<ul style="list-style-type: none"> <li>Walk in to extended single leg/single arm variations</li> <li>Toss hands press to extended single leg/single arm</li> <li>Toss extension</li> <li>Toss extended platform to single leg variation</li> <li>Toss to immediate extended liberty</li> </ul>	<ul style="list-style-type: none"> <li>Toss to immediate extended body position</li> <li>Low to low/high tick tocks</li> <li>Toss one arm extended</li> <li>Toss full up to extended</li> <li>1/2 Twist or greater release moves (Hands full arounds/ low to high)</li> <li>High to High Tick Tocks</li> <li>Released inversion to prep level</li> <li>Released inversion to extended</li> </ul>

*ADDITIONAL INFORMATION:*

Libs and platform/target are **not** considered body positions.

Skills will only receive **full credit** if they show control through the pop or transition to another skill.

Any skill including a successful completion of a 1/4 turn shall be considered more difficult than the same skill without a 1/4 turn.

Skill must be performed by **MOST** groups in order to receive the full difficulty points for the skill.

*See quantity Chart.*

**QUANTITY CHART**

<b># on Floor</b>	<b>MOST</b>
6-9 athletes	1 group
10-13 athletes	2 groups
14-17 athletes	3 groups
18-21 athletes	4 groups
22-25 athletes	5 groups
26-30 athletes	6 groups