



PYRAMID PROGRESSIONS

	1-2 points	2-3 points	3-4 points	4-5 points
NON-RELEASED TRANSITION	<ul style="list-style-type: none"> • Braced non-release transitions • Inverted stunts to prep level and below • Intermediate full up variations 	<ul style="list-style-type: none"> • Inverted stunts to extended – 2 bracers • Advanced full up variations 	<ul style="list-style-type: none"> • Inverted stunts involving spinning to extended – 2 bracers • Inverted stunts to extended – 1 bracer • Elite full up variations • Single base advanced full up variations 	<ul style="list-style-type: none"> • Inverted stunts involving spinning to extended – 1 bracer • Super elite full up variations • Single base elite / super elite full up variations
RELEASED TRANSITION	<ul style="list-style-type: none"> • Released transitions to any level with 2 bracers • Released transitions to prep or below with one bracer • Switch up landing extended – braced or unbraced 	<ul style="list-style-type: none"> • Released transition landing extended with 1 bracer • Braced inverted stunts released to prep level and below 	<ul style="list-style-type: none"> • Released transition involving spinning or inversion that land extended with 2 bracers • Unbraced releases landing extended 	<ul style="list-style-type: none"> • Released transition to extended involving spinning / inversions with 1 bracer • Unbraced spinning release landing extended
BRACED ROLL / FLIP	<ul style="list-style-type: none"> • Flipping transition landing below prep level • Rolling transition to prep and below 	<ul style="list-style-type: none"> • Flipping transition landing at prep level • ½ twisting flipping transition landing below prep level • Full twisting flipping transition to below prep level • Rolling transition to extended positions – 2 bracers 	<ul style="list-style-type: none"> • Flipping transition landing extended • ½ twisting flipping transition landing at prep level • Rolling transition to extended position – 1 bracer • Full twisting flipping transition to prep level 	<ul style="list-style-type: none"> • Flipping transition starting at prep or above, landing extended • ½ twist flipping transition landing extended • Flipping transition landing extended with minimal bases • Full twisting flipping transition to extended level