



PYRAMID PROGRESSIONS

<p>Non-Released Transition Top person remains connected to a base/spotter.</p>	<ul style="list-style-type: none"> •Braced non-released transitions •Inverted stunts to prep level and below •Intermediate full up variations 	<ul style="list-style-type: none"> •Inverted stunts to extended - (2) •Advanced full up variations 	<ul style="list-style-type: none"> •Inverted stunts involving spinning to extended - (2) •Inverted stunts to extended - (1) •Elite full up variations •Single base advanced full up variations 	<ul style="list-style-type: none"> •Inverted stunts involving spinning to extended - (1) •Super elite full up variations •Single base elite / super elite full up variations
<p>Released Transition Top person is released from all bases/spotters.</p>	<ul style="list-style-type: none"> •Released transition to any level - (2) •Released transition to prep or below - (1) •Switch up landing extended - braced or unbraced 	<ul style="list-style-type: none"> •Released transition landing extended -(1) •Braced inverted stunts released to prep level and below 	<ul style="list-style-type: none"> •Released transition involving spinning or inversion that land extended - (2) •Unbraced releases landing extended 	<ul style="list-style-type: none"> •Released transition to extended involving spinning / inversions - (1) •Unbraced spinning / inversions release landing extended
<p>Braced Roll/Flip</p>	<ul style="list-style-type: none"> •Rolling transition to prep and below •Flipping transition landing below prep level - (1 or 2) 	<ul style="list-style-type: none"> •Rolling transition to extended position - (1 or 2) •Flipping transition landing at prep level - (2) •Twisting flipping transition landing below prep level - (1 or 2) •Flipping transition landing at prep level - (1) 	<ul style="list-style-type: none"> •Flipping transition landing extended - (2) •Twisting flipping transition landing at prep level - (1 or 2) •Flipping transition starting at prep or above, landing extended - (2) 	<ul style="list-style-type: none"> • Flipping transition landing extended - (1) •Twisting flipping transition landing extended - (1 or 2) •Flipping transition starting at prep or above, landing extended - (1)

Updated 10/2022

Additional Info:

- Number in () is the number of bracers utilized during the transition.
- When considering difficulty, utilizing less bracers should receive more credit.
- The point of connection will be taken into account for awarding difficulty.