STUNT PROGRESSIONS

Category					
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	•Release move to below prep level •Horizontal release move to below prep level	•Release move to prep level (Quick toss, Switch up, Ball up) •Prep level tick tock •Switch up to extended one leg •Horizontal release move to prep level	•Release moves to extended (Low to High tick, Ball up, Quick Toss) •1/2 Twisting Switch up to extended one leg •Horizontal release move to extended	•Low to High tick to Body Position •1/2 Twisting release moves to extended (Low to High tick, Ball up, Quick Toss) •Full Twisting Switch ups •High to High tick (lib to lib) •Horizontal release move to extended Body Position	•Full Twisting Switch Ups to body position •Full Twisting release moves to extended(Low to High tick, Ball up, Quick Toss) •High to High Tick Tocks (body position to body position) •1/2 Twisting (or greater) Horizontal release move to extended
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. When comparing inversions, the difficulty of the entry skill. A Back handspring would be considered more difficult than a cartwheel or round off entry.	•Inversions below prep level •Ground inversions to below prep level •Below prep level inversions out of stunts (yo-yo, back walkover, etc.)	•Suspended Rolls include twisting variations •Inverted dismounts (pancake, cartwheel style) •Ground inversion to prep level •Prep level inversions •Released inversions to below prep level	•Prep level and below inversions to extended •Released inversions to prep level •Ground inversions to extended	•Twisting ground inversion to extended (1/2 Twisting or more) •Released inversions to extended •Prep level inversion release to extended •Ground inversion release to extended •Prep level inversion release to extended body position	•Ground inversion release to extended body position •Alternate entries to Hand to Hand stunts (Diamidov) •Hand to hand inversion release to extended
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.	•1/4 up to prep level •1/2 up to prep level •1/4 up to extended •1/2 up to extended •Twisting transitions to side/prone / cradle •Rewind transition to load	•Full up variations(cross leg, bases moving, multiple connections) •Full up to prep level and below variations	•Full up to extended, target, or liberty •Hands full around to extended •Full up to extended body positions	•High to high full around - 2 feet •Hands 1 1/2 around to extended •1 1/2 up to extended	•Double up to extended •Hands double around to extended •High to high full around - 1 foot •High to high double around
Other	•Prep level and below stunts •Extension •Full twisting dismount from two leg stunts •Single leg extended variations	•Single base extension •Full twisting dismount from single leg stunts	•Extended single base liberty •Extended single base body position •1/2 Twisting to extended single base	•Switch up to extended one leg single base	•Extended single base variations that include twisting / releases (low to high tick tock, full up, 1/2 switch up, etc.)
Coed Style — Unless listed as Assisted, All Coed stunts are to be considered Unassisted. Assisted skills will not receive full credit.	•Assisted walk in chair •Assisted toss chair •Assisted walk in hands •Assisted toss hands •Assisted coed skills at prep level	•Assisted coed skills at extended level •Toss Hands •Walk in hands press extension •Toss hands press extension •Walk in extension	•Toss extension •Assisted full up variations to extended level •Toss hands press to extended single leg •Walk in to extended single leg variation	•Toss hands press to extended single arm •Toss extended platform to single leg variation •Toss to immediate extended liberty •Walk in to extended single arm variation •Low to low/high tick tocks	•Toss to immediate extended body position •Toss one arm extended •High to High Tick Tocks •1/2 Twist or greater release moves (Hands full arounds/ low to high) •Toss full up to extended •Released Inversion to prep level •Released inversion to extended

Additional Info:
•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 ¼ turn shall be considered more difficult than the same skill without a ¼ turn.
•When scoring difficulty, landing positions will receive credit based on progression (2 foot stunts, liberty/target positions, body positions).

10/3/2022