



STUNT PROGRESSION AND EXPECTATIONS

Inversion Style	Connected Ground Inversion to Below Prep	Connected Ground Inversion to Prep	Connected Ground Inversion to Extended	Connected Full Twisting Ground Inversion to Extended	---
	Connected Prep Level Inversion to Below Prep	Connected Prep Level Inversions to Prep	Connected Prep Level and Below Inversions to Extended	Connected Full Twisting Prep Level and Below Inversions to Extended	---
	Below Level Inversions to Ground (ex: yo-yo, back walkover, etc)	Suspended Forward Roll Variations & Inverted Dismounts (ex: Pancake, Cartwheel Style, etc.)	---	---	---
	Prep Level Released Inversion to Below Prep	Prep Level Released Inversion to Prep	Prep Level Released Inversion to Extended	Prep Level Released Inversion to Extended Body Position	---
	Ground Inversion Release to Below Prep	Ground Inversion Release to Prep	Ground Inversion Release to Extended	Ground Inversion Release to Extended Body Position	---
	Hand to Hand Inversion Released to Below Prep Level	Hand to Hand Inversion Released to Prep	Hand to Hand Inversion Released to Extended	Hand to Hand Inversion to Extended Single Leg	Hand to Hand Inversion Released to Extended Body Position
	---	---	---	Alternate Entries to Hand to Hand Stunts (ex: Diamidov, Full Around IN Hand to Hand)	Twisting Released Inversion to Extended

Release Style	Release to Prep Level and Below (ex: Quick Toss, Ball-Up)	---	Release to Extended (ex: Quick Toss, Ball-Up)	1/2 Twisting Release to Extended (ex: Quick Toss, Ball-Up)	Full Twisting Release to Extended (Quick Toss, Ball-Up)
	Horizontal Release to Prep Level and Below	---	Horizontal Release to Extended	Horizontal Release to Body Position	Horizontal Twisting Release to Extended
	---	Switch Up to Prep Single-Leg	Switch Up to Extended Single Leg	Full Twisting Switch-Up to Extended Single Leg	Full Twisting Switch-Up to Extended Body Position
	---	Prep Level Tic Toc	Tic Toc to Extended Single Leg (Low to High)	Tic Toc to Extended Body Position (Low to High)	Full Twisting Tic Toc to Extended Single Leg (Low to High)
	Extended Release to Below Prep	Extended Release to Prep Level	Extended Release to Prep Level Single Leg Stunt	---	---
	Below Prep Release to Below Prep	Prep Level Release to Prep	Prep Level Release to Extended	1/2 Twisting Tic Toc to Extended Single Leg (Low to High)	---
---	---	Tic Toc to Extended Single Leg (High to High)	Tic Toc to Extended Single Leg (High to High, Lib to Lib)	Tic Toc to Extended Single Leg (High to High, BP to BP)	

Twisting Style	1/4 or 1/2 Up to Prep Level	Full Up to Prep Level	Full Up to Extended	1 1/2 Up to Extended	Double Up to Extended
	1/4 or 1/2 Up to Extended	Full Up Variations (ex: Cross Leg, Bases Moving, Multiple Connections)	Hands Full Around to Extended	Hands 1 1/2 Around to Extended	Hands Double Around to Extended
	1/4 or 1/2 Twisting Transition to Side/Prone/Cradle	Twisting Transition to Side/Prone/Cradle	---	Hands Full Around to Extended Body Position	High to High Full Around to Body Position
	---	Full Twist Transition to Below Prep Level	---	High to High Full Around to Extended	High to High Full Around to Extended (Single Leg to Single Leg)
	---	---	---	---	High to High 1 1/2 Around to Extended

Coed Style	Assisted Coed Skills to Prep Level	Assisted Coed Skills to Extended Level	Assisted Coed Full Twisting Skills to Extended	Assisted Toss Single Arm Extended Stunts	Assisted Twisting Release Inversions to Extended
	Assisted Walk-In / Toss to Chair	Toss Hands	Toss Hands, Press to Extended Single Leg	Toss Hands, Press to Extended Single Arm Stunt	1/2 Twist (or greater) Release from Hands to Extended
	Assisted Walk-In / Toss to Hands	Walk-In Hands, Press Extension	Walk-In to Extended Single Leg	Walk-In to Extended Single Arm Variation	---
	---	Toss Hands, Press Extension	Toss Extension	Toss Extended Single Leg (Includes Platform to Single Leg)	Toss Extended Single Arm Variation
	---	---	Assisted Tic Toc to Extended (Low to High)	Assisted Tic Toc to Extended (High to High)	---
	---	---	---	Toss Full Up to Prep	Toss Full Up to Extended
	---	---	---	Released Inversion to Prep Level	Released Inversion to Extended

"Coed Style skills should be unassisted through the stunt's entirety to receive credit (unless notated as Assisted)"

OTHER	Single Base Prep Level Stunt	Single Base Extended Stunt	Single Base Extended Single Leg Variations	Single Base Variations that Include Releases to Extended Single Leg	Single Base Variations that Included Full Twisting and/or Twisting Releases to Extended (ex: Full Up, 1/2 Twist Switch Up, Full Twisting Switch Up, 1/4 Twisting Tic Toc, etc)
	---	1/2 Twist to Single Base Prep Level Stunt	Full Twist to Single Base Prep Level Stunt	---	Single Base Inversions to Extended
	Prep Level and Below Stunts Not Previously Categorized	Extended Single Leg Variations Not Previously Categorized	---	---	---
	Full Twist Cradle from Prep or Extension	1 - 1 1/4 Twist Cradle from Extended Single Leg Stunt	Kick Full Twist Cradle from Single Leg Stunt	---	---

Division Rec / Club	Full Team	Stunt Groups
All Divisions	36	7
Junior High	Full Team	Stunt Groups
Small Junior High	16	4
Large Junior High & Non Tumble	30	6
Junior Varsity	Full Team	Stunt Groups
Small Junior Varsity	16	4
Large Junior Varsity & Non Tumble	30	6
Varsity	Full Team	Stunt Groups
Small Varsity & Non Tumble	15	3
Medium Varsity & Non Tumble	19	4
Large Varsity & Non Tumble	23	5
Super Varsity & Non Tumble	30	6
Coed	Male/Total	Coed Stunts
Small Coed Non Tumble	2/16	1/4
Large Coed Non Tumble	4/30	2/6
Junior Varsity Coed	1+/25	4
Small Coed	4/20	3
Medium Coed	7/25	5
Large Coed	8+/30	7

Additional Info:

1. Libs, Platforms, Targets, etc., are NOT considered Body Positions. Body Positions include Heel Stretch, Bow & Arrow, Arabesque, Scorpion, Scale, Needle, etc.
2. To Receive Credit, skills MUST show control throughout the Dismount, Pop-Off and/or Transition.
3. To Determine Difficulty
 - a. Skills will be Evaluated and Assessed Within Each Category. (Ex: 1 1/4 Twisting Switch Up to Body Position > Full Twisting Switch Up to Body Position).
 - b. Landing Position will be Evaluated and Assessed Within Each Category. (Ex: Double Up to Single Leg > Double Up to 2-Feet).
 - c. Minimal movement of bases, limited number and type of connections between bases and top, top person's beginning and ending position, and completion of skill.