

Pyramid Progressions

You do not have to check off every category to score in any particular range. Teams must show the majority of skills are in the same range to max out difficulty in that range. Less than majority in that range would score on the lower end of that difficulty range.

	Basic 0.0 - 2.0 points	Intermediate 2.1 - 3.0 points	Advanced 3.1 - 4.0 points	Elite 4.1 to 5.0 points
Non-Released	<p>Braced non-released transitions</p> <p>Connected prep or extended level stunts</p> <p>Inversion transition to below prep level</p>	<p>Connected extended level stunts</p> <p>Intermediate twisting variations</p> <p>Inverted stunts to prep level</p>	<p>Connected single leg stunts</p> <p>Advanced twisting variations</p> <p>Inverted stunts to extended - two bracers</p>	<p>Elite twisting variations</p> <p>Inverted stunts to extended - one bracer</p>
Released Transition	<p>Release transition to prep or below with 1 bracer</p>	<p>Release transition landing extended with two bracers</p>	<p>Release transition landing extended with one bracer</p>	<p>Multiple release transitions landing extended with one or two bracers</p>
Braced Flips/rolls	<p>Braced roll landing below prep level</p>	<p>Flipping transition landing below prep level</p>	<p>Flipping transition landing at prep level</p>	<p>Flipping transition landing extended</p>

