

# Stunt 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	Intermediate	Advanced	Elite
	0.0 - 2.0 points	2.1 - 3.0 points	3.1 - 4.0 points	4.1 to 5.0 points
Inversions	Ground level inversion transitions to below prep level	Shoulder inversion released to load	Shoulder inversion released to prep level stunts	Shoulder Inversion released to extended level stunts
Twisting	1/4 up to prep  1/2 up to prep	1/4 up to extended (2 legs)  1/2 up to extended (2 legs)	Full up variations to extended (cross leg, bases moving, multiple connections)  Full up to prep level	Full up to extended (1 or 2 legs)  <b>prep level full up to extended</b>
Release		Quick toss to prep level Switch up to prep level Prep level tick tocks Ball up to prep level	Switch up to extended one leg stunt  Ball up to extended	Low to high tick tock variations  Quick toss to extended High to High Tick tock variations
Other	Thigh Stands  Preps  Shoulder sits Shoulder stands Straddle lift at prep level	Extensions Straddle lift at extended	Extended single leg stunt variations  Assisted single based extension	Unassisted single base extension or body position <b>with a spotter</b>  Assisted single base liberty or body position

