

BUILDING PROGRESSION CHART

0.6 - 1

2 different in range or above level skills AND 1 dismounts is required in range or above OR 3 different in range or above level skills

Inversion	Release	Twist	Partner Stunts	Stunts	Tosses	Dismounts
Non-released inversion TO below prep level	Release to below prep level group stunt	1/4 twist to 2-foot prep level stunt	Shoulder sits	Back Stand	Straight ride toss	Straight cradle from group stunt from prep level or below
Non-released inversion FROM below prep level group stunt		1/2 twist (non-released) FROM prep level stunt	Shoulder stands	Thigh Stand		1/2 twist (non-released) dismount from below prep level
		1/2 twist to below prep level stunt		2-foot prep level stunt		Pop off from prep level or below
				Straddle Sit (any level)		
				1-foot below prep level group stunt		

1.1 - 2

2 different in range or above level skills AND 1 dismount is required from in range or above

Inversion	Release	Twist	Partner Stunts	Stunts	Tosses	Dismounts
Non-released inversion to 2-foot prep level stunt	Release to prep level 2-foot stunt	1/2 twist to 2-foot prep level stunt	Assisted walk-in/toss to chair sit	2-foot extended group stunt	Single skill toss	Full twist (released) from 2-foot prep level stunt
Plank release to below prep level		1/4 twist to a 2-foot extended stunt	Assisted variation from ground to hands/prep level	1-foot prep level group stunt		Full twist (non-released) from 2-foot prep level stunt
Suspended roll	Half or full twist release to below prep level					1/2 twist (non-released) from 1-foot prep level stunt
		1/4 twist to 1-foot prep level stunt				Straight cradle from 1-foot prep level stunt
						Straight cradle from 2-foot extension
						Straight cradle from hands/prep level partner stunt
						Pop off from prep level 1-foot stunt
						Pop off from extended 2-foot stunt

2.1 - 3

2 different in range or above level skills AND 1 dismount is required from in range or above

Inversion	Release	Twist	Partner Stunts	Stunts	Tosses	Dismounts
Non-released inversion to 2-foot extended stunt	Tic/switch up to 1-foot prep level stunt	1/4 twist to 1-foot extended level stunt	Assisted from hands/prep level to 2-foot extended partner stunt	1-foot extended group stunt (lib, torch, arabesque)	Single twist toss	Full Twist (released) from 2-foot extended stunt
Fold over non-released inversion FROM up to extended level stunt		1/2 twist to 2-foot extended level stunt	Unassisted variation from ground to hands/prep level		Multi-skill toss with no twist	1/2 twist dismount from 1-foot extended stunt
Round off OR handspring released inversion to below prep level		Full twist to 2-foot prep level stunt	Unassisted from hands to 2-foot extended stunt			1/2 twist (non-released) from 1-foot extended stunt
Plank release to prep level	Release to 2-foot extended group stunt	Full around from any prep level group stunt to any prep level stunt	Assisted 1/2 twist to 2-foot prep level partner stunt			Full twist (non-released or released) from 1-foot prep level stunt
Hand in hand inversion to below prep level		1/2 twist to 1-foot prep level stunt	Assisted toss to hands			Full twist (non-released) from 2-foot extended stunt
Suspended roll with 1/2 twist	Half or full twist release to prep level 2-foot stunt		Unassisted toss to prep level stunt			Straight cradle from extended partner stunt
	Horizontal release move with 1/2 twist to prep level group stunt					Straight cradle from extended lib/torch/arabesque
	Horizontal release move with full twist to below prep level group stunt					Full twist dismount from stunt at hands/prep level partner stunt
						Pop off from extended 1-foot stunt

3.1 - 4

2 different in range or above level skills AND 1 dismount is required from in range or above						
Inversion	Release	Twist	Partner Stunts	Stunts	Tosses	Dismounts
Non-released inversion TO 1-foot extended stunt	Tic/switch up to extended 1 foot stunt	Full twist to a 1-foot prep level stunt	Assisted from hands/prep level to 1-foot extended partner stunt from hands/prep level	1-foot extended group stunt FRONT variation (stretch, bow, etc.)	Single skill toss with twist	Full twist dismount from 1-foot extended stunt (lib/torch/arabesque)
Plank release to two foot extended stunt	Release to 1-foot extended group stunt	Full twist to 2-foot extended stunt	Assisted from ground to 2-foot extended partner stunt	1-foot extended group stunt BACK variation (scorpion, scale, etc.)		Full twist (non-released) from 1-foot extended stunt
Hand in hand inversion to prep level	High (extended) to low (prep level) release tic to prep 1-foot stunt	1/2 twist to 1-foot extended stunt	Unassisted 1/2 twist to 2-foot prep level stunt			Full twist dismount from stunt at extended level partner stunt
Round off OR handspring released inversion to 2-foot prep level		Full around from any prep level stunt to 2-foot extended stunt	Assisted or Unassisted tic/switch up to a 1-foot prep level stunt			Straight cradle from extended FRONT variation (stretch, bow) or BACK variation (scorpion, scale)
Suspended roll with full twist	Horizontal release move with 1/2 twist to extended level group stunt		Assisted 1/2 twist to 2-foot extended partner stunt			Full twist with an additional skill from a prep level 1-foot stunt
	Horizontal release move with full twist to prep level group stunt		Assisted full twist to 2-foot prep level partner stunt			
4.1 - 5						
2 different in range level skills AND 1 dismount is required in range						
Inversion	Release	Twist	Partner Stunts	Stunts	Tosses	Dismounts
Plank release to 1-foot extended stunt	Low (prep) to high (extended) tic to 1-foot stunt	Full twist to 1-foot extended stunt	Unassisted variation from ground to 2-foot extended stunt		Multi-skill toss with twist	Full twist dismount from 1-foot extended FRONT variation (stretch, bow)
Hand in hand inversion to extended level	High to high tic on extended 1-foot	1 1/2 twist to prep level and above	Unassisted from hands/prep level to 1-foot extended stunt			Full twist dismount from 1-foot extended BACK variation (scorpion, scale)
Round off OR handspring released inversion to extended level stunt		Full around from any prep level stunt to 1-foot extended stunt	Assisted or Unassisted from ground to 1-foot extended stunt			Full twist with additional skill dismount from 1-foot extended or power press stunt
		Full around from any extended stunt to any extended stunt	Assisted or Unassisted 1 arm extended stunt			Full twist from an extended 1-foot partner stunt
		Tic/switch up with 1/2 or full twist to extended 1-foot stunt	Assisted or Unassisted tic/switch up to an extended 1-foot stunt			Full twist with an additional skill (non-released) from 1-foot extended stunt
	Horizontal release move with full twist to extended group stunt		Assisted full twist to 2-foot extended partner stunt			
			Unassisted full twist to 1-foot extended stunt			

*Stunt MAJORITY is 51% of the maximum number of stunts that can be performed based on a traditional group of four people. Teams of eight or nine have a stunt majority of one group. Your "majority" stunt groups must do the stunt at the same time, or rippled, in order to get credit.

*If 2 different in range or above level skills AND the in range dismount or above is not performed by your majority stunt groups, **it will result in a score of 0.5**.

*Flyer must maintain stunt position for 2 counts.

* Once in a range the following will move you within the range: Degree of difficulty, Percentage of team participation, Connection of skills/variety and pace/speed of skills.

*Assisted Partner Stunt occurs when the spotter touches the stunt in any way except when catching a cradle.

*Inversions - Credit for inversion will only be received if the flyers foot remains above the hips through the dip.

*Twists - Twist credit is given for where the flyers torso is before dip and directly after the dip (torso is the line from shoulders to hips).

A **release** is defined as any release skill, including but not limited to, quick toss, ball up and horizontal release

A **plank** inversion is defined as top person's hips above shoulders at/below prep level

A **hand in hand** inversion is defined as a top person in a hand stand position at/below prep level while balancing on bases hands

Updated 10/4/25