

BUILDING PROGRESSION CHART

0.6 - 1						
3 different in range or above level skills are required.						
Inversion	Release Style	Twist	COED Style	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 Sit	*Back Stand		*Pop off from prep level or below
*Non-released inversion FROM below prep level group stunt		*1/2 twist (non-released) FROM prep level stunt	*Shoulder Stand	*Thigh Stand		*Straight cradle from stunt prep level or below
		*1/2 twist to below prep level stunt		*2-foot prep level stunt		*1/2 twist dismount from below prep level
				*Straddle Sit (any level)		
				*1-foot stunt below prep level		
1.1 - 2						
3 different in range or above level skills are required.						
Inversion	Release Style	Twist	COED Style	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 stunt	*Straight ride toss	*Pop off from prep level 1-foot stunt
*Plank release to below prep level		*1/4 twist to 2-foot extended stunt	*Assisted walk in hands	*1-foot prep level stunt		*Pop off from extended 2-foot stunt
*Suspended roll		*1/4 twist to 1-foot prep level stunt	*Assisted toss hands			*Straight cradle from 1-foot prep level stunt
	*Full twist release to below prep level		*Assisted coed skills at prep level			*Straight cradle from 2-foot extended stunt
	*Horizontal release move with full twist to below prep level stunt					*Straight cradle from COED style prep level stunt
						*1/2 twist from 1-foot prep level stunt
						*Full twist from 2-foot prep level stunt
2.1 - 3						
3 different in range or above level skills are required.						
Inversion	Release Style	Twist	COED Style	Stunts	Tosses	Dismounts
*Non-released inversion to 2-foot extended stunt	*Tic up to 1-foot prep level stunt	*1/2 twist to 1-foot prep level stunt	*Assisted coed skills at extended level	*1-foot prep level flexibility (stretch, bow, scorp, scale)	*Single skill toss	*Pop off from extended 1-foot stunt
*Fold over non-released inversion FROM up to extended level stunt	*1/2 up tic up to prep level one foot stunt	*1/4 twist to 1-foot extended level stunt	*Assisted full up variations to extended level	*1-foot extended stunt (lib, torch, arabesque)	*Single twist toss	*Straight cradle from COED style extended stunt
*Round off OR handspring released inversion to below prep level		*1/2 twist to 2-foot extended level stunt	*Toss hands	*3-person group stunt: lib at prep level	*Multi-skill toss (no twist)	*Straight cradle from extended lib
*Plank release to prep level	*Release to 2-foot extended stunt	*Full twist to and/or from a 2-foot prep level stunt	*Walk in hands press extension			*Straight cradle from prep level flexibility (stretch, bow, scorp, scale)
*Hand in hand inversion to below prep level	*Half or full twist release to prep level 2-foot stunt		*Toss hands press extension			*1/2 twist dismount from 1-foot extended stunt
*Suspended roll with 1/2 twist	*Horizontal release move with 1/2 twist to prep level group stunt		*Walk in extension			*Full twist dismount from 1-foot prep level stunt
	*Low to high tic non-released to 1 foot extended stunt					*Full twist dismount from COED style prep level stunt
						*Full twist dismount from 2-foot extended stunt
3.1 - 4						
3 different in range or above level skills are required.						
Inversion	Release Style	Twist	COED Style	Stunts	Tosses	Dismounts
*Non-released inversion TO 1-foot extended stunt	*Tic up to 1 foot extended stunt	*Full twist to a 1-foot prep level stunt	*Walk in to extended single leg	*1-foot extended stunt flexibility (stretch, bow, scorp, scale)	*Single skill toss with twist	*Straight cradle from extended 1-foot flexibility.
*Plank release to two foot extended stunt	*Extended 1-foot stunt to low release to prep 1-foot stunt	*Full twist to 2-foot extended stunt	*Toss hands press to extended single leg	*3-person group stunt: 1-foot flexibility (stretch, bow, scorp, scale) at prep level		*Full twist with an additional skill from 1-foot prep level stunt
*Hand in hand inversion to prep level	*Horizontal release move with full twist to prep level stunt	*1/2 twist to a 1-foot extended stunt	*Toss extension			*Full twist dismount from 1-foot extended stunt (lib, torch, arabesque)
*Suspended roll with full twist	*Horizontal release move with 1/2 twist to extended level stunt	*Full twist from any prep level stunt TO 2-foot extended stunt	*Toss extended platform to single leg variation			*Full twist dismount from 1-foot extended COED style stunt
*Round off OR handspring released inversion to 2-foot prep level		*Full twist tic up to prep level stunt	*Toss to immediate extended lib			*Full twist dismount NON-RELEASED from 1-foot stunt
		*540 to prep level stunt				
4.1 - 5						
3 different in range skills are required.						
Inversion	Release Style	Twist	COED Style	Stunts	Tosses	Dismounts
*Plank release to 1-foot extended stunt	*Low (prep) to high (extended) tic to 1-foot stunt	*Tic/switch up with 1/2 or full twist to extended 1-foot stunt	*Toss to immediate extended flexibility (stretch, bow, scorp, scale)	*3-person group stunt: 1-foot at extended level	*Multi-skill toss with twist	*Full twist dismount from 1-foot extended flexibility (stretch, bow, scorp, scale)
*Hand in hand inversion to extended level	*High to high tic on extended 1-foot	*Full twist to 1-foot extended stunt	*Low to low/high tic			*Full twist dismount from 1-foot with an additional skill
*Round off OR handspring released inversion to extended level stunt		*Full around from any prep level stunt to 1-foot extended stunt	*Toss one arm extended			*Full twist from an extended 1-foot partner stunt
	*Horizontal release move with full twist to extended group stunt	*Full around from any extended stunt to any extended stunt	*Toss full up to extended			*Full twist with an additional skill (non-released) from 1-foot extended stunt
		*540 to prep level 1-foot stunt	*1/2 Twist or greater release move to extended stunt			
		*540 to extended level stunt	*High to high tic			
			*Released inversion to any level			

*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 3 different in range or above level skills are 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.

*COED Style stunts consist of two people and is considered UNASSISTED. Assisted COED style stunts will be noted. That means an additional person is touching the stunt at any point.

*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 7/24/26