



## Pyramid Progressions by Level Restrictions 2023 - 2024

	Novice	Intermediate <i>Difficulty of skill determined by number of bracers used during execution. Skills performed without bracer must be legal as a stunt under intermediate rules.</i>	Advanced <i>Difficulty of skill will be based on number of bracers used or if skill is executed unbraced (when legal)</i>
<b>Non-Released Transitions</b> <i>(Top remains connected to base/spotter)</i>	• Braced non-released transitions	• Inverted stunts to prep level and below	• Inverted stunts involving spinning to extended
	• Braced extended single leg skills with hand-arm connection	• Full up variations to prep level or below	• Full up variations to extended single leg
	• Inverted stunts to prep level and below from ground	• Inverted stunts to extended with bracer (s)	• Full up variations to extended body positions
	• Inverted stunts to extended from ground with 2 bracers	• Full up variations to extended with bracer (s)	• 1.5 full up variations to extended
	• Inverted stunts to extended from ground with 1 bracer	• Inverted stunts involving spinning to prep with bracer (s)	• 1.5 full up variations to extended single leg
	• Inverted 1/2 up stunts to extended single leg from ground with 1 bracer	• Inverted stunts involving spinning to extended with bracer (s)	• Single based full up variations to single leg
		• Single based full up variations to prep with bracer (s)	• Inverted stunts involving spinning to extended unbraced
		• Single based full up variations to extended with bracer (s)	• Double up variations
			• Single based high to high full around variations
			• Single based single leg high to high full around variations
		• High to high double twisting variations	
<b>Released Transitions</b> <i>(Top released from base/spotter)</i>	• Released transitions to a cradle	• Non- Inverted Released transition to any level with 2 bracers	• Released transition involving spinning to prep
	• See rules and regulations and stunt progressions	• Non- Inverted Released transition to prep or below with 1 bracer	• Released transition involving spinning or inversion that land extended
		• Switch up landing extended - braced or unbraced	• Unbraced releases landing extended
		• Non- Inverted Released transition landing extended with 1 bracer	• Released transition involving spinning/inversion that land extended with 2 bracers
		• Braced inverted stunts released to prep level and below	• Released transition to extended involving spinning/inversions with 1 bracer
		• Released transition with inversion that land extended with 2 bracers	• Unbraced spinning/inversions release landing extended
<b>Flipping/Rolling Transitions</b> <i>(Hip over head rotation)</i>	• Flipping/rolling transitions are not allowed	• Rolling transition to prep and below	• Flipping transition landing below prep level
		• Rolling transition to extended position with 2 bracers	• Flipping transition landing at prep level with 2 bracers
		• Rolling transition to extended position with 1 bracer	• Twisting flipping transition landing below prep level
			• Flipping transition landing at prep level with 1 bracer
			• Flipping transition landing extended with 2 bracers
			• Twisting flipping transition landing at prep level
			• Flipping transition starting at prep or above, landing extended with 2 bracers
			• Flipping transition landing extended 1 bracer
			• Twisting flipping transition landing extended
			• Flipping transition starting at prep or above, landing extended with 1 bracer

\* This list of skills is not all inclusive. Please remember other factors for difficulty include pace, combination of skills, number of bases, number of bracers, etc.

\*\* Following this is only a guideline and does not guaranteed a specific difficulty score

\*\*\*NCA Reserves the Right to make all FINAL rules and Scoring Decisions