



Pyramid Level Appropriate Guidelines

	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>
Non-Released Transitions (Top remains connected to base/spotter)	<ul style="list-style-type: none"> Braced non-released transitions Braced extended single leg skills with hand-arm connection Inverted stunts to prep level and below from ground Inverted stunts to extended from ground with 2 bracers Inverted stunts to extended from ground with 1 bracer Inverted 1/2 up stunts to extended single leg from ground with 1 bracer 	<ul style="list-style-type: none"> Inverted stunts to prep level and below Full up variations to prep level or below Inverted stunts to extended with bracer (s) Full up variations to extended with bracer (s) Inverted stunts involving spinning to prep with bracer (s) Inverted stunts involving spinning to extended with bracer (s) Single based full up variations to prep with bracer (s) Single based full up variations to extended with bracer (s) 	<ul style="list-style-type: none"> Inverted stunts involving spinning to extended Full up variations to extended single leg Full up variations to extended body positions 1.5 full up variations to extended 1.5 full up variations to extended single leg Single based full up variations to single leg Inverted stunts involving spinning to extended unbraced 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
Released Transitions (Top released from base/spotter)	<ul style="list-style-type: none"> Released transitions to a cradle See rules and regulations and stunt progressions 	<ul style="list-style-type: none"> Non- Inverted released transition to any level with 2 bracers Non- Inverted released transition to prep or below with 1 bracer Switch up landing extended - braced or unbraced Non- Inverted released transition landing extended with 1 bracer Braced inverted stunts released to prep level and below Released transition with up to 1/2 twist Released transition with inversion that land extended with 2 bracers 	<ul style="list-style-type: none"> Released transition involving spinning to prep Released transition involving spinning or inversion that land extended Unbraced releases landing extended Released transition involving spinning/inversion that land extended with 2 bracers Released transition to extended involving spinning/inversions with 1 bracer Unbraced spinning/inversions release landing extended
Flipping/Rolling Transitions (Hip over head rotation)	<ul style="list-style-type: none"> Flipping/rolling transitions are not allowed 	<ul style="list-style-type: none"> Rolling transition to prep and below Rolling transition to extended position with 2 bracers Rolling transition to extended position with 1 bracer Braced flip (front or back) to cradle position with 2 bracers 	<ul style="list-style-type: none"> Flipping transition landing below prep level Flipping transition landing at prep level with 2 bracers 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, variety etc.

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

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