



## Pyramid Level Appropriate Guidelines

|  | NOVICE  | INTERMEDIATE<br><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<br><i>Difficulty of skill will be based on number of bracers used or if skill is executed unbraced (when legal)</i> |
|--|---|--|--|
| Non-Released Transitions<br><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   |
| Released Transitions<br><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 up to 1/2 twist   | • Unbraced spinning/inversions release landing extended  |
|  |   | • Released transition with inversion that land extended with 2 bracers   |  |
|  |   |  |  |
| Flipping/Rolling Transitions<br><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  |
|  |   | • Braced flip (front or back) to cradle position with 2 bracers  | • 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