



A VARSITY SPIRIT BRAND

STUNT PROGRESSION

<p>Release When scoring difficulty, judges will take into account the following minimum movement of bases, limited number and type of connections between bases and top, top person's beginning and ending position, and completion of the skill.</p>	<ul style="list-style-type: none"> •Release move from below prep level release to below prep level skill 	<ul style="list-style-type: none"> •Release move from below prep level to prep level (Quick toss, switch up, ball up) <ul style="list-style-type: none"> •Prep level tick tock •Switch up to extended one leg stunts 	<ul style="list-style-type: none"> •Quick toss to extended two leg stunt •Release moves caught at prep level or below •Release moves caught at extended (low to high tick tock, prep release ball to extended) •Quick toss to single leg extended •1/2 switch up to extended one leg 	<ul style="list-style-type: none"> •Low to high tick tock variations (body position to body position) <ul style="list-style-type: none"> •1/2 around release moves to extended •High to High Tick Tocks •1/4 Twisting High to High Tick Tocks 	<ul style="list-style-type: none"> •Full up switch ups •Full twisting release moves to extended •Full up quick toss to extended •High to High Tick Tocks (body position to body position) •1/4 Twisting High to High Tick Tocks(body position to body position)
<p>Inversion Credit for inversions will only be received if the weight of the top person is held in the upper portion of the top and the skill is inverted at the dip.</p>	<ul style="list-style-type: none"> •Inverted skills below prep level •Ground inversions transitioned to below prep level •Below prep level inversions out of stunts (yo-yo, back walkover, etc.) 	<ul style="list-style-type: none"> •Suspended Roll include twisting variations <ul style="list-style-type: none"> •Inverted dismounts (Waterfall/Cartwheel style) •Ground inversion transitioned to prep level <ul style="list-style-type: none"> •Prep level inverted stunts •Released inversions to below prep level 	<ul style="list-style-type: none"> •Prep level and below inverted stunts transitions to extended •Released inversions to prep level •Ground inversions transitioned to extended 	<ul style="list-style-type: none"> •Released inversions to extended level •Shoulder inversion release to extended 	<ul style="list-style-type: none"> •Twisting ground inversion to extended (1/2 up or more) •Shoulder inversion release to extended body position •Ground inversion release to extended •Ground inversion release to extended body position •Hand to hand inversion release to extended stunt
<p>Twisting When scoring difficulty, judges will take into account the following minimum movement of bases, limited number and type of connections between bases and top, top person's beginning and ending position, and completion of the skill.</p>	<ul style="list-style-type: none"> •1/4 up to prep •1/2 up to prep •1/4 up to extended •1/2 up to extended 	<ul style="list-style-type: none"> •Full up variations(cross leg, bases moving, multiple connections) •Full up to prep level and below variations •Twisting transitions to side / prone / cradle <ul style="list-style-type: none"> •Rewind transition to load 	<ul style="list-style-type: none"> •Full up to extended target / liberty •Full up to body positions 	<ul style="list-style-type: none"> •1 1/2 up to extended •Hands full around to extended 	<ul style="list-style-type: none"> •Double up to extended •Hands 1 1/2 around to extended •High to high full around - 2 feet •Hands double around to extended •High to high full around - 1 foot •High to high double around
<p>Other</p>	<ul style="list-style-type: none"> •Straddle lift at prep level <ul style="list-style-type: none"> •Flat back stunt •Prep 	<ul style="list-style-type: none"> •Extension •Full twisting dismount from two leg stunts •Single leg extended variations <ul style="list-style-type: none"> •Single base extension 	<ul style="list-style-type: none"> •Full twisting dismount from single leg stunts <ul style="list-style-type: none"> •Extended single base liberty •Extended single base body position •1/2 Twisting to extended single base 	<ul style="list-style-type: none"> •Switch up to extended one leg single base 	<ul style="list-style-type: none"> •Extended single base variations that include twisting / releases (low to high tick tock, full up, 1/2 switch up)
<p>Coed Style Unless listed as Assisted - All Coed stunts are to be considered Unassisted. Assisted skills will not receive full credit.</p>	<ul style="list-style-type: none"> •Assisted walk in chair •Assisted toss chair •Assisted walk in hands •Assisted toss hands •Assisted coed skills at prep level 	<ul style="list-style-type: none"> •Assisted coed skills at extended level 	<ul style="list-style-type: none"> •Walk in hands press extension •Toss hands press extension <ul style="list-style-type: none"> •Walk in extension •Assisted full up variations to extended level 	<ul style="list-style-type: none"> •Walk in to extended single leg variation •Toss hands press to extended single leg/single arm <ul style="list-style-type: none"> •Toss extension •Toss extended platform to single leg variation •Toss to immediate extended liberty 	<ul style="list-style-type: none"> •Toss to immediate extended body position <ul style="list-style-type: none"> •Low to low/high tick tocks •Toss one arm extended •Toss full up to extended •1/2 Twist or greater release moves (Hands full arounds/ low to high) <ul style="list-style-type: none"> •High to High Tick Tocks •Released Inversion to prep level •Released inversion to extended