



# PYRAMID PROGRESSIONS

<p><b>Non-Released Transition</b></p>	<ul style="list-style-type: none"> <li>•Braced non-released transitions</li> <li>•Inverted stunts to prep level and below</li> <li>•Intermediate full up variations</li> </ul>	<ul style="list-style-type: none"> <li>•Inverted stunts to extended - (2)</li> <li>•Advanced full up variations</li> </ul>	<ul style="list-style-type: none"> <li>•Inverted stunts involving spinning to extended - (2)</li> <li>•Inverted stunts to extended - (1)</li> <li>•Elite full up variations</li> <li>•Single base advanced full up variations</li> </ul>	<ul style="list-style-type: none"> <li>•Inverted stunts involving spinning to extended - (1)</li> <li>•Super elite full up variations</li> <li>•Single base elite / super elite full up variations</li> </ul>
<p><b>Released Transition</b></p>	<ul style="list-style-type: none"> <li>•Released transition to any level - (2)</li> <li>•Released transition to prep or below - (1)</li> <li>•Switch up landing extended - braced or unbraced</li> </ul>	<ul style="list-style-type: none"> <li>•Released transition landing extended -(1)</li> <li>•Braced inverted stunts released to prep level and below</li> </ul>	<ul style="list-style-type: none"> <li>•Released transition involving spinning or inversion that land extended - (2)</li> <li>•Unbraced releases landing extended</li> </ul>	<ul style="list-style-type: none"> <li>•Released transition to extended involving spinning / inversions - (1)</li> <li>•Unbraced spinning / <b>inversions</b> release landing extended</li> </ul>
<p><b>Braced Roll/Flip</b></p>	<ul style="list-style-type: none"> <li>•Flipping transition landing below prep level - <b>(1 or 2)</b></li> <li>•Rolling transition to prep and below</li> </ul>	<ul style="list-style-type: none"> <li>•Flipping transition landing at prep level - <b>(2)</b></li> <li>•1/2 twisting flipping transition landing below prep level - <b>(1 or 2)</b></li> <li>• Full twisting flipping transition to below prep level - <b>(1 or 2)</b></li> <li>• <b>Flipping transition landing at prep level - (1)</b></li> <li>•Rolling transition to extended position - (2)</li> </ul>	<ul style="list-style-type: none"> <li>•Flipping transition landing extended - <b>(2)</b></li> <li>•1/2 twisting flipping transition landing at prep level - <b>(1 or 2)</b></li> <li>•Rolling transition to extended position - (1)</li> <li>• <b>Flipping transition landing extended - (1)</b></li> <li>• Full twisting flipping transition to prep level - <b>(1 or 2)</b></li> <li>•<b>Flipping transition landing extended with minimal bases</b></li> </ul>	<ul style="list-style-type: none"> <li>•Flipping transition starting at prep or above, landing extended - <b>(2)</b></li> <li>•1/2 twist flipping transition landing extended - <b>(1 or 2)</b></li> <li>•<b>Flipping transition starting at prep or above, landing extended - (1)</b></li> <li>• Full twisting flipping transition to extended level - <b>(1 or 2)</b></li> </ul>

**Additional Info:**

- Number in () is the number of bracers utilized during the transition
- When considering difficulty, utilizing less bracers should receive more credit
- The point of connection will be taken into account for awarding difficulty.