



COLLEGE MULTI-BASE STUNT PROGRESSIONS

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|------------------------|---|---|---|---|--|
| Inversion Style | Connected Ground Inversion to Stunt | Ground Inversion Release to Prep | Ground Inversion Release to Extended | Connected Full Twisting Prep Level and Below Inversions to Extended | Single Twist Released Inversion to Extended |
| | Below Extended Level Inversions to Ground (ex: Yo-Yo, Back Walkover, etc.) | Prep Level Released Inversion to Extended | Connected Full Twisting Ground Inversion to Extended | Prep Level Hand to Hand Inversion Snap Down to Extended | FHS 1.5 |
| | Prep Level Releases to Prep/Below Prep Level | | | Ground Inversion Released to Hand to Hand | Hand to Hand Inversion Front Pop to Extended |
| | Suspended Forward Roll Variations & Inverted Dismounts (ex: Pancake, Cartwheel Style, etc.) | | | Hand in Hand Inversion Extended Release | Diamadov to Extended |
| | | | | FHS 1/2 to Extended | Hand in Hand Inversion Release Full Twist |
| | | | | | Aerial 1.5 |
| | | | | | BHS Double Up |
| Release Style | Release to Skill (Ball up, Quick Toss, etc.) | Release to Skill (Includes High to High) | Twist Release to Prep Level & Below Skill (1/2 Up Quick Toss or Full Up Quick Toss) | Back 3/4 Flip Half/Full Twist | Back Flip Full Twisting Dismount |
| | Prep Level or Below Tic Toc to Skill (Switch Up Included) | Front Flip to Ground/Cradle | Twisting Tic Toc to Skill (Prep Level to Extended) | Full Twist Release (High to High) | Ground Toss to Invert (Pop Tart) |
| | | Back 3/4 to Prone | Single Base toss Extended or Below | Rewind (Ground, Cradle, Prep Level, Extended) | Fast Forward/Front to Stunt |
| | | | Back Flip to Cradle | | Side Sumi |
| | | | Front Flip Full Twist Cradle | | Stunt Flip to Stunt (Shotgun) |
| | | | | | Twisting Rewinds |
| Twisting Style | 1/4 or 1/2 Twisting or Less to Extended Position or Lower | Full Up to Prep Level | Hands Full Around to Extended | High to High Full Around to Extended | Quick Toss Full Up |
| | Full Up Variations (ex: Cross Leg, Bases Moving, Multiple Connections) | Full Up to Extended | Full Up Single Base Extended | Hands Double Around to Extended | Quick Toss Double Up |
| | | | 1 1/2 Up to Extended | High to High 1 1/2 Around to Extended | |
| | | | Hands 1 1/2 Full Around to Extended | | |
| | | Double Up to Extended | | | |
| Other Skills | Ground up Extended or below | Single Base Extended | | | |

Additional Info:

1. Libs, Platforms, Targets, etc., are NOT considered Body Positions. Body Positions include Heel Stretch, Bow & Arrow, Arabesque, Scorpion, Scale, Needle, etc.
2. To Receive Credit, skills MUST show control throughout the Dismount, Pop-Off and/or Transition.
3. To Determine Difficulty
 - a. Skills will be Evaluated and Assessed Within Each Category. (Ex: 1 1/4 Twisting Switch Up to Body Position > Full Twisting Switch Up to Body Position).
 - b. Landing Position will be Evaluated and Assessed Within Each Category. (Ex: Double Up to Single Leg > Double Up to 2-Feet).
 - c. Minimal movement of bases, limited number and type of connections between bases and top, top person's beginning and ending position, and completion of skill.



COLLEGE SINGLE-BASE STUNT PROGRESSIONS

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|------------------------|---|--|---|---|--|
| Inversion Style | Connected Ground Inversion to Stunt | Ground Inversion Release to Prep | Ground Inversion Release to Extended (RO, BHS, FHS, Cartwheel) | Connected Full Twisting Prep Level and Below Inversions to Extended | Single Twist ground inversion to Extended |
| | | Prep Level Released Inversion to Extended or below | Connected Full Twisting Ground Inversion to Extended | Prep Level Hand in Hand Snap Down to Extended | FHS 1.5 |
| | | | | Ground Inversion Released to Hand to Hand | Hand to Hand Inversion Front Pop to Extended |
| | | | | Hand in Hand Inversion Extended Release | Hand in Hand Release Full Twist |
| | | | | FHS 1/2 to Extended | Diamadov to Extended |
| | | | | | Aerial 1.5 |
| | | | | | Handski |
| | | | | | BHS Double Up |
| Release Style | Toss to Extended or Below | Release to Skill (Includes High to High) | Twist Release to Prep Level & Below Skill (1/2 Up Quick Toss or Full Up Quick Toss) | Back 3/4 Flip Half/Full Twist | Back Flip Full Twisting Dismount (3 athletes required) |
| | Toss to Extended or below with skill (Ball up, Toe Touch, etc.) | Front Flip to Ground/Cradle | Twisting Tic Toc to Skill (Prep Level to Extended) | Full Twist Release (High to High) | Toss to Invert (Pop Tart) |
| | Prep Level or Below Tic Toc to Skill | Back 3/4 to Prone | Back Flip to Cradle | Rewind (Ground, Cradle, Prep Level, Extended) | Fast Forward/Front to Stunt |
| | Toss to prep press to 1-arm extended | Pop Over | Front Flip Full Twist Cradle | | 1 Arm Rewind |
| | | Toss One Arm Extended | | | Side Sumi |
| | | | | | Stunt Flip to Stunt (Shotgun) |
| | | | | | Twisting Rewinds |
| Twisting Style | Walk-in to Extension or Below | Full Up to Prep Level | Full Up to Extended | High to High Full Around to Extended | Hands Double Around to Extended |
| | | Walk-in 1-arm extended | Hands Full Around to Extended | 1 1/2 Up to Extended | Double Up to Extended |
| | | 14/ to Arabesque | | Hands 1 1/2 Full Around to Extended | |
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Additional Info:

1. Libs, Platforms, Targets, etc., are NOT considered Body Positions. Body Positions include Heel Stretch, Bow & Arrow, Arabesque, Scorpion, Scale, Needle, etc.
2. To Receive Credit, skills MUST show control throughout the Dismount, Pop-Off and/or Transition.
3. To Determine Difficulty
 - a. Skills will be Evaluated and Assessed Within Each Category. (Ex: 1 1/4 Twisting Switch Up to Body Position > Full Twisting Switch Up to Body Position).
 - b. Landing Position will be Evaluated and Assessed Within Each Category. (Ex: Double Up to Single Leg > Double Up to 2-Feet).
 - c. Minimal movement of bases, limited number and type of connections between bases and top, top person's beginning and ending position, and completion of skill.
 - d. Coed Style skills should be unassisted through the stunt's entirety to receive credit (unless noted as Assisted)