

## **STUNT PROGRESSION AND EXPECTATIONS**

Bit Model     Convect Source										
Image: process of pro		Connected Ground Inversion to Below Prep	Connected Ground Inversion to Prep	Connected Ground Inversion to Extended	Extended			Full Team	Stunt Groups	
$ \begin{tabular}{  large lar$		Connected Prep Level Inversion to Below Prep	Connected Prep Level Inversions to Prep							
Inversion Stype     Pie und Research Instance Names     Pies Land Research Instance Names     Pie							All Divisions	26	7	
Image: Section of the sectio	Inversion Style	Prep Level Released Inversion to Below Prep	Prep Level Released Inversion to Prep	Prep Level Released Inversion to Extended			Junior High		Stunt Groups	
Locs     Made in what in indication decision is in the what in indication decision is in the what indication decision		Ground Inversion Release to Below Prep	Ground Inversion Release to Prep	Ground Inversion Release to Extended						
Image: manual matrix in the state of the state			Hand to Hand Inversion Released to Prep	Hand to Hand Inversion Released to Extended	Hand to Hand Inversion to Extended Single Leg			16	4	
Release bring Look and Relation of the Variety Relatin Relation of the Variety Relation of the Variety						Twisting Released Inversion to Extended				
Interpretation     Image: Construint, Bathly     Image: Constr									6	
Image: market is a set of the se							Junior Varsity	Full Team	Stunt Groups	
Image: Problem in the set of the problem in the problem		Horizontal Release to Prep Level and Below		Horizontal Release to Extended	Horizontal Release to Body Position	Horizontal Twisting Release to Extended	Small Junior Varsity			
$\frac{1}{10} \ (1 \ 1 \ 1 \ 1 \ 1 \ 1 \ 1 \ 1 \ 1 \ $	Release Style		Switch Up to Prep Single-Leg	Switch Up to Extended Single Leg	Full Twisting Switch-Up to Extended Single Leg	Full Twisting Switch-Up to Extended Body Position		,	4	
Lakebox     Lakebox <t< td=""><td></td><td>Prep Level Tic Toc</td><td></td><td>Tic Toc to Extended Body Position (Low to High)</td><td></td><td>Large Junior V</td><td>arsity &amp; Non T</td><td>umble</td></t<>			Prep Level Tic Toc		Tic Toc to Extended Body Position (Low to High)		Large Junior V	arsity & Non T	umble	
Book Proj		Extended Release to Below Prep	Extended Release to Prep Level	Extended Release to Prep Level Single Leg Stunt					<b>_</b>	
Image: Control (right to High): Ext (righ): Ext (right to High): Ext (right to High): Ext (		Below Prep Release to Below Prep	Prep Level Release to Prep	Prep Level Release to Extended						
Index r12 Up to Prop Lowd   Full Up to Extended   112 Up to Extended   Duble Up to Extended   Medium Varsity & Non Tumble     Twisting Style   Id or 1/2 Up to Extended   Full Up Vailation (cc. Coss Ling, Base Moving) Mailed Extended Cost Style Full Quble Channel Cost Mailed Cost Style Full Quble Extended   Hands Full Acound to Extended   Hands Full Acound to Extended   Hands Full Acound to Extended Body Position   High to High Full Acound to Extended   Medium Varsity & Non Tumble   Image Style Koss     Main   Maint Full Cost Style Acound to Extended Extended   Migh to High Full Acound to Extended   Migh High High High High High High High H							Small Varsity 8			
14 or 1/2 Up to Extended     Full Wariations (acc cose Log. Bases Moving Ling Loc conscious)     Hands Full Acound to Extended     Hands Tul Acound to Extended     Hands Dudke Acound to Extended     Ling To Extended									-	
Image: In the tilt 2 by Destination     Mathing Connections)     Parked Fund/odds (Peadlood	Twisting Style	1/4 or 1/2 Up to Prep Level	Full Up to Prep Level	Full Up to Extended	1 1/2 Up to Extended	Double Up to Extended	Medium Varsi	ty & Non Tum	ole ا	
Image of the field state of the state o		1/4 or 1/2 Up to Extended		Hands Full Around to Extended	Hands 1 1/2 Around to Extended	Hands Double Around to Extended		19	4	
		1/4 or 1/2 Twtisting Trasition to Side/Prone/Cradle	Twisting Transition to Side/Prone/Cradle		Hands Full Around to Extended Body Position	High to High Full Around to Body Position				
Assisted Cod Skills to Prep Level   Assisted Cod Skills to Extended Level   Assisted Cod Full Twisting Skills to Extended Sturts   Assisted Toss Single Arm Sturt   Assisted Twisting Release Inversions to Extended   Code   Male/Total   Coded Sturts     Assisted Walk-In / Toss to Chair   Toss Hands, Press Extension   Toss Hands, Press to Extended Single Leg   Walk-In Extended Single Arm Sturt   1/2 Twist (or greater) Release from Hands to Extended   Small Coed Non Turmble     Assisted Walk-In / Toss to Hands   Walk-In Hands, Press Extension   Toss Hands, Press to Extended Single Leg   Walk-In Extended Single Arm Sturt   1/2 Twist (or greater) Release from Hands to Extended   Small Coed Non Turmble   2/16   1/4      Toss Hands, Press Extension   Toss Extended Single Leg   Walk-In Extended Single Leg   Walk-In Extended Single Leg     2/16   1/4      Toss Extended Single Leg   Walk-In Extended Single Leg   Walk-In Extended Single Leg     2/16   1/4       Toss Extended Single Leg   Released Inversion to Prep Level    4/30   2/6         Released Inversion to Prep Level   Released Inversion to Extended   1±/25   4     .			Full Twist Transition to Below Prep Level		High to High Full Around to Extended		Curren Mercitu		-	
Assisted Cood Skills to Prep Level     Assisted Cood Skills to Extended Level     Assisted Cood Full Twisting Skills to Extended Stund     Assisted Twisting Release Inversions to Extended Stunds     Cood Stunds       Assisted Walk-In / Toos to Chair     Toos Hands, Preas to Extended Single Leg     Toos Hands, Preas to Extended Single Leg     Toos Hands, Preas to Extended Single Arm Statint     1/2 Twist (or greated right (or gr						High to High 1 1/2 Around to Extended	Super varsity a	s non Tumble		
Single Base Prep Level Stunt									6	
Assisted Walk-In / Toss to Chair   Toss Fainds, Press to Extended Single Leg   Toss Fainds, Press to Extended Single Am Suiti   Extended   Small COEd Non Turnible     Assisted Walk-In / Toss to Hands   Walk-In Hands, Press Extension   Walk-In to Extended Single Leg   Walk-In to Extended Single Leg   Image		Assisted Coed Skills to Prep Level	Assisted Coed Skills to Extended Level	Assisted Coed Full Twisting Skills to Extended	Assisted Toss Single Arm Extended Stunts	÷	Coed	Male/Total	Coed Stunts	
Coed Style   Image: Coed Style <th co<="" image:="" td=""><td>Assisted Walk-In / Toss to Chair</td><td>Toss Hands</td><td>Toss Hands, Press to Extended Single Leg</td><td></td><td></td><td>Small Coed No</td><td>on Tumble</td><td></td></th>		<td>Assisted Walk-In / Toss to Chair</td> <td>Toss Hands</td> <td>Toss Hands, Press to Extended Single Leg</td> <td></td> <td></td> <td>Small Coed No</td> <td>on Tumble</td> <td></td>	Assisted Walk-In / Toss to Chair	Toss Hands	Toss Hands, Press to Extended Single Leg			Small Coed No	on Tumble	
Coed Style   Index Press Extension   Index Press Extension   Index Extension   Single Leg)   Index Extended Single Arm Variation   Large Coed Non Tumble     Image: Coed Style   Image: Coed Non Tumble   Image: Coed Non Tumble   Image: Coed Non Tumble   Image: Coed Non Tumble     Image: Coed Non Tumble   Image: Coed Non Tumble   Image: Coed Non Tumble   Image: Coed Non Tumble   Image: Coed Non Tumble     Image: Coed Non Tumble   Image: Coed Non Tumble   Image: Coed Non Tumble   Image: Coed Non Tumble   Image: Coed Non Tumble     Image: Coed Non Tumble   Image: Coed Non Tumble   Image: Coed Non Tumble   Image: Coed Non Tumble   Image: Coed Non Tumble     Image: Coed Non Tumble   Image: Coed Non Tumble   Image: Coed Non Tumble   Image: Coed Non Tumble   Image: Coed Non Tumble     Image: Coed Non Tumble   Image: Coed Non Tumble   Image: Coed Non Tumble   Image: Coed Non Tumble   Image: Coed Non Tumble   Image: Coed Non Tumble   Image: Coed Non Tumble   Image: Coed Non Tumble   Image: Coed Non Tumble   Image: Coed Non Tumble   Image: Coed Non Tumble   Image: Coed Non Tumble   Image: Coed Non Tumble   Image: Coed Non Tumble   Image: Coed Non Tumble   Image: Coed Non Tumble   Image: Coed Non Tumble   Image: Coed Non Tumble   Image: Coed Non Tumble <td>Assisted Walk-In / Toss to Hands</td> <td>Walk-In Hands, Press Extension</td> <td>Walk-In to Extended Single Leg</td> <td>°</td> <td></td> <td></td> <td>2/16</td> <td>1/4</td>		Assisted Walk-In / Toss to Hands	Walk-In Hands, Press Extension	Walk-In to Extended Single Leg	°			2/16	1/4	
Image: Control in the second secon	Coed Style		Toss Hands, Press Extension		Single Leg)	Toss Extended Single Arm Variation	Large Coed Nc	on Tumble	· · · · ·	
					(High to High)			,	2/6	
Image: Constraint of the problem in the problem i							Junior Varsity	Coed		
Single Base Prep Level Stunt   Single Base Extended Single Leg Variations   Single Base Variations that Include Releases to Extended Full Twisting and/or Twisting Releases to Extended Full Twisting, Releases to Extended Full				<u> </u>		Released Inversion to Extended		1+/25	4	
Single Base Prep Level Stunt Single Base Extended Stunt Single Base Extended Single Leg Variations Single Base Variations that Include Releases backed ded (bit Visiting Releases to Extended Full Visiting R		I	*Coed Style skills should be una	ssisted through the stunt's entirety to receive crea	alt (unless notated as Assisted)*			17/23	4	
Single Base Prep Level Stunt   Single Base Extended Single Leg Variations   Single Base Variations that Include Releases to Extended (ex: Full Up, 1/2 twist switch Up, Full Twisting Tin Too, etc)   4/20   3     ••••••••••••••••••••••••••••••••••••							Small Coed			
OTHER Image: Control of the section of the secting of the sectinge		Single Base Prep Level Stunt	Single Base Extended Stunt	Single Base Extended Single Leg Variations		and/or Twisting Releases to Extended (ex: Full Up,		4/20	3	
Prep Level and Below Stunts Not Previously Categorized Categorized 1.111/4 Twits Crafte from Extended Kide Full Twits Crafte from Single Leg Stunt	071155					Twisting Tic Toc, etc)	Medium Coed			
Categorized Categorized   Large Coed	OTHER			Full Twist to Single Base Prep Level Stunt		Single Base Inversions to Extended		7/25	5	
			Categorized				Large Coed		•	
		1	1 = 1 1/4 Twist Cradle from Extended	1	· · · · · · · · · · · · · · · · · · ·	1				

## Additional Info:

1. Libs, Platforms, Targets, etc., are NOT considered Body Positions. Body Positions Inculde 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.