



A VARSITY SPIRIT BRAND

PYRAMID PROGRESSIONS

<p>Non-Released Transition Top person remains connected to a base/spotter.</p>	<ul style="list-style-type: none"> • Braced non-released transitions <ul style="list-style-type: none"> • Inverted stunts to prep level and below • Intermediate full up variations 	<ul style="list-style-type: none"> • Inverted stunts to extended - (2) <ul style="list-style-type: none"> • Advanced full up variations 	<ul style="list-style-type: none"> • Inverted stunts involving spinning to extended - (2) • Inverted stunts to extended - (1) <ul style="list-style-type: none"> • Elite full up variations • Single base advanced full up variations 	<ul style="list-style-type: none"> • Inverted stunts involving spinning to extended - (1) <ul style="list-style-type: none"> • Super elite full up variations • Single base elite / super elite full up variations
<p>Released Transition Top person is released from all bases/spotters.</p>	<ul style="list-style-type: none"> • Released transition to any level - (2) • Released transition to prep or below - (1) • Switch up landing extended - braced or unbraced 	<ul style="list-style-type: none"> • Released transition landing extended - (1) • Braced inverted stunts released to prep level and below 	<ul style="list-style-type: none"> • Released transition involving spinning or inversion that land extended - (2) • Unbraced releases landing extended 	<ul style="list-style-type: none"> • Released transition to extended involving spinning / inversions - (1) • Unbraced spinning / inversions release landing extended
<p>Braced Roll/Flip</p>	<ul style="list-style-type: none"> • Rolling transition to prep and below • Flipping transition landing below prep level - (1 or 2) 	<ul style="list-style-type: none"> • Rolling transition to extended position - (1 or 2) • Flipping transition landing at prep level - (2) <ul style="list-style-type: none"> • Twisting flipping transition landing below prep level - (1 or 2) • Flipping transition landing at prep level - (1) 	<ul style="list-style-type: none"> • Flipping transition landing extended - (2) • Twisting flipping transition landing at prep level - (1 or 2) • Flipping transition starting at prep or above, landing extended - (2) 	<ul style="list-style-type: none"> • Flipping transition landing extended - (1) <ul style="list-style-type: none"> • Twisting flipping transition landing extended - (1 or 2) • Flipping transition starting at prep or above, landing extended - (1)

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.