PYRAMID SKILLS ALLOWED BY DIVISION

INVERSIONS	RELEASES	TWISTING	OTHER	DISMOUNTS
NOVICE:				
No pyramid inversions allowed (rolls or flips- suspended forward rolls ok)	Complete releases are not allowed unless to a cradle or braced	½ twist transitions allowed (may require bracers)	Single leg extended skills need connection at prep first and connected to at least 1 bracer	Inversions from waist level to ground level
Ground inversions to prep level single leg, and extensions allowed (remain connected unless braced)	Up and Down transitions allowed with 2 bracers		No connected extended skills (paper dolls)	Straight cradle or ¼ turn
INTERMEDIATE:				
Inversions allowed (including braced rolls)	Up and Down transitions allowed with 1 bracer	Only ½ twist allowed to extended single leg	Paper dolls are not allowed (extended single leg)	Only ¼ twist allowed from single leg extended stunt
Pyramid flips must have 2 arm bracers and land in a cradle	Stunt releases are only allowed at or below prep level	Full twist transitions allowed if connected to a bracer		1 ¼ twist from 2 leg extended stunt or single leg at prep
ADVANCED:				
All legal inversions allowed	All legal releases allowed	All legal twisting allowed	Combining legal skills is allowed	All legal dismounts allowed
*Landing position can increase difficulty Ex: prep, extended, single leg, & body position.	*The number of bases (and number of groups) can affect difficulty.	*Multiple structures that change planes can increase difficulty.	*Complex transitions and structures can increase difficulty.	*Unique/complex entrances and dismounts should increase difficulty.