

Pyramid/**Toss** Progressions

You do not have to check off every category to score in any particular range. Teams must show the majority of skills are in the same range to max out difficulty in that range. Less than majority in that range would score on the lower end of that difficulty range.

	Basic	Intermediate	Advanced	Elite
	0.0 - 2.0 points	2.1 - 3.0 points	3.1 - 4.0 points	4.1 to 5.0 points
Non Released	Braced non-released transitions	Connected extended level stunts	Connected single leg stunts	
	Connected prep or extended level stunts Inversion transition to below prep level	Intermediate twisting variations Inverted stunts to prep level	Advanced twisting variations Inverted stunts to extended - two bracers	Elite twisting variations Inverted stunts to extended - one bracer
Released Transition	Release transition to prep or below with 1 bracer	Release transition landing extended with two bracers	Release transition landing extended with one bracer	Multiple release transitions landing extended with one or two bracers
Braced Flips/rolls	Braced roll landing below prep level	Flipping transition landing below prep level	Flipping transition landing at prep level	Flipping transition landing extended

*Pyramids/Tosses will be scored together (tosses are not required but can enhance the overall impression of the routine).