# Stunt Progressions

| | 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 |
| Inversions | Ground level inversion transitions to below prep level | Shoulder inversion released to load | Shoulder inversion to prep level stunts | Shoulder Inversion to extended level stunts |
| Twisting | 1/4 up to prep<br><br>1/2 up to prep | 1/4 up to extended (2 legs)<br><br>1/2 up to extended (2 legs) | Full up variations to **prep level - cross leg, bases moving, multiple connections (2 legs)**<br><br>**Full up to prep level (1 leg)** | Full up/double up to extended (1 or 2 legs)<br><br>prep level full up to extended |
| Release | | Quick toss to prep level<br>Prep level tick tocks<br>Ball up to prep level (2 legs) | Switch up to prep level one leg stunt<br><br>Ball up to prep (1 leg) | Low to high tick tock variations<br><br>Quick toss to extended<br>High to High Tick tock Variations<br>Switch up to extended level one leg stunt<br>Ball up to extended stunt (1 or 2 legs) |
| **Dismounts** | | Full down from prep (1 or 2 legs) | Full down from extension (1 or 2 legs) | Release kick full dismount |
| Other | Thigh Stands<br><br>Preps<br><br>Shoulder sits<br>Shoulder stands<br>Straddle lift at prep level | Extensions<br>Straddle lift at extended | Extended single leg stunt variations<br><br>Assisted single based extension | Unassisted single base extension or body position with a spotter<br><br>Assisted single base liberty or body position |

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