



# PYRAMID PROGRESSIONS

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

**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.