



Cheer America School Cheer Building Progressions

STUNT PROGRESSIONS

NOVICE	INTERMEDIATE	ADVANCED
TWISTING		
- ¼ OR ½ up to prep level - ¼ or ½ Twisting transition to side/prone/cradle from prep - ¼ or ½ Twisting transition to side/prone/cradle from any 2 foot stunt	- ¼ OR ½ up to Extended - Rewind transition to Load - Full up variations to prep (<i>cross leg, bases moving, mult. connections</i>) - Full up to Prep - Full up to Prep lib - Full up to Prep level body position	- Full up to Extended/Target/Lib - Prep Full Around to Extended - Full up to Extended Body Position - High to High Full around- 2 feet - Prep 1½ up to Extended - 1 ½ up to extended - Double up to Extended - Prep double around to extended - High to Highfull around - 1 foot - High to High double around
INVERSIONS		
- Ground inversion to below prep - Ground inversion to prep - Ground Inversion to Prep Single Leg - Ground inversion to Extended - Ground inversion with up to ½ twist to Prep - Ground inversion with up to ½ twist to extended 2 foot stunt	- Inversions below Prep level - Below Prep inversions from Stunt (<i>yo-yo, backwalkover ect.</i>) - Suspended Rolls - Inverted Dismounts (cartwheel style) - Ground Inversion To Prep - Prep Level Inversion - Released inversion to Below prep - Released inversion from prep or below to prep - Ground inversions to Extended	- Inverted Dismounts (pancake) - Twisting Ground Inversion to extended (<i>½ twist or more</i>) - Release inversion to Extended - Prep Inversion Release to Extended - Ground Inversion Release to Extended Body Position - Prep Inversion Release to Extended Body Position - Hand in Hand inversion Release to Prep or Extended - Alternate entries to Hand to Hand stunts (Diamidov) release to prep or extended
RELEASE		
- Not allowed unless to cradle	- Release move to below prep - Horizontal release move to below prep - Release move to prep (<i>quick toss, switch up, ball up</i>) - Horizontal release move to prep - Up to ¼ twisting switch up to Prep single leg	- Prep level tic tick - Switch up to extended single leg - Release moves to Extended (<i>quick toss, low to high, ect</i>) - ½ Twisting Switch up to Extended Single leg - Horizontal Release move to Extended or Extended Body position - Low to High tick to body position - ½ Twisting Release moves to Extension - Full Twisting Switch up to lib or body position - High to High (lib to lib OR body position to body position) - Full Twisting Release move to Extended (<i>quick toss, low to high, ect</i>) - ½ twisting (or greater) Horizontal Release move to Extended
OTHER		
- Thigh Stands - Shoulder Sits - Shoulder Stands - Extension Prep - Extension - Single Base Extension	- Full Twisting dismount from two leg stunt - Single Leg extended variations - single base extension - switch up to prep one leg, single base - Extended Single base lib or Body Position - ½ Twisting to extended, single base - 1 ¼ Twisting dismount from single leg stunt at prep or below	- Full Twisting dismount from Single leg stunts - Kick full twisting dismount from Single leg stunts - Switch up to extended one leg, single base - Extended single base variations that include twisting/releases (<i>½ up switch, full up, low to high tick, ect.</i>) - Inverted Released and twisting skills to Prep OR Extended
COED STYLE		
- Walk in/Toss Chair - Assisted Walk-in hands - Assisted toss hands - Assisted Coes skill at Prep level - Assisted Press extension - Walk in Hands Press Extension	- Toss prep - Toss Hands Press Extension - Walk in Extension - Assisted Full up variation to prep - Toss prep, press to extended one leg - Walk in to extended single leg variation - Toss prep press to extended single arm - Walk in to extended single arm variation	- Toss Extension OR 1 arm Extension - Assisted Full up variations to extended - Toss Extended platform to single leg variation - Toss to immediate extended Lib OR Body position - Low to Low/High tick tocks - High to High tic tocks (body position to body position) - ½ twist or greater release moves - toss full up to extended - Released inversion to prep OR extended

Please note this skill progression list is not all inclusive. Other factors for difficulty include pace, combination of skills, number of bases, etc. This is only a guideline and does not guarantee a specific difficulty score.



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PYRAMID PROGRESSIONS		
NOVICE	INTERMEDIATE Difficulty of skill determined by number of bracers used during execution. Skills performed without bracer(s) must be legal as a stunt under intermediate rules.	ADVANCED Difficulty of skill determined by number of bracers used or if the skill is unbraced (when legal).
Non-Release Transitions (top stays connected to base/spotter)		
- Braced non-released transitions - Braced extended single leg skill with hand-arm connection - Inverted stunts to prep level and below from ground - Inverted stunts to extended from ground w/ 2 bracers - Inverted stunts to extended from ground w/ 1 bracer - Inverted ½ up stunts to extended single leg from ground w/ 1 bracer	- Inverted stunts to prep level and below - Inverted stunts to extended w/ bracer(s) - Inverted stunts involving spinning to prep with bracer(s) OR extended w/ bracer(s) - Full up variations to prep level or below - Full up variations to extended w/bracer(s) - Single based full-up variations to prep with bracer(s) OR extended w/ bracer(s)	- Inverted stunts involving spinning to extended - Inverted stunts involving spinning to extended unbraced - Full up variations to extended single leg OR body positions - 1.5 full up variations to extended OR extended single leg - Double up variations - High to High double twisting variations - Single based full up variations to single leg - Single based high to high full around variations - Single based single leg high to high full around variations
Release Transitions (top releases from base/spotter)		
- Released transitions to a cradle <i>*See rules and regulations and stunt progressions</i>	- Non-Inverted Released transition to ANY level with 2 bracers - Non-Inverted Released transition to prep or below w/1 bracer OR landing extended w/1 bracer - Switch up landing extended (braced or unbraced) - Braced inverted stunts released to prep level and below - Released transition with up to ½ twist - Released transition with inversion that land extended w/2 bracers	- Released transition involving spinning to prep - Released transition involving spinning or inversion that land extended - Released transition involving spinning/inversion that land extended w/2 bracers - Released transition to extended involving spinning/inversions with 1 bracer - Unbraced releases landing extended - Unbraced spinning/inversions release landing extended
Flipping/Rolling Transitions (hip over head)		
- Flipping/rolling transitions are not allowed	- Rolling transition to prep and below - Rolling transition to extended position w/ 2 bracers - Rolling transition to extended position w/ 1 bracer - Braced flip (front or back) to cradle position w/ 2 bracers	- Flipping transition landing below prep level - Flipping transition landing at prep level with 1 OR 2 bracers - Flipping transition landing extended with 1 OR 2 bracers - Flipping transition starting at prep or above, landing extended with 1 OR 2 bracers - Twisting flipping transition landing below prep - Twisting flipping transition landing at prep - Twisting flipping transition landing extended

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