

MS/REC & ELEMENTARY GROUP STUNT/PYRAMID DIFFICULTY

INVERSION STYLE	RELEASE STYLE	TWISTING STYLE	DISMOUNT STYLE	OTHER STUNTS	PYRAMIDS
BEGINNER LEVEL					
*HANDSTAND OR INVERSION STYLE ON NUGGET OR THIGH STAND BACK TO GROUND	*SWITCH FEET AT NUGGET/THIGH STAND LEVEL	*ANY 1/2 OR FULL TWIST AT NUGGET LEVEL		*ANY NUGGET LEVEL 2 FEET OR 1 FOOT STUNT *ANY THIGH STAND WITH 1 OR 2 BASES	*NUGGET LEVEL PAPER DOLLS *CONNECTED SMUSH/THIGH STAND LEVEL TWO LEG STUNT *BRACED SWITCHING FOOT WITH REALEASE BELOW PREP LEVEL
NOVICE LEVEL					
*INVERSION BELOW PREP TO BELOW PREP LEVEL (THIGH STAND TO THIGH STAND-GUT LEVEL TO GUT LEVEL)	*CRADLE RELOAD INTO SMUSH *SWITCHING FEET AT GUT LEVEL *SWITCH FEET TO BODY POSITION AT THIGH/NUGGET	*ANY 1/2 OR FULL TWIST AT SMUSH LEVEL	*STRAIGHT DOWN TO GROUND	*SMUSH OR GUT LEVEL ELEVATOR *GROUND UP TO PREP ELEVATOR *SMUSH OR GUT LEVEL LIBERTY	*SMUSH/GUT/THIGH STAND LEVEL PAPER DOLLS *CONNECTED PREP LEVEL STUNTS *CONNECTED BRACED STUNT FROM GROUND TO PREP
INTERMEDIATE LEVEL					
*BACK OR FRONT WALK OVER INTO INVERSION *BACKWARDS ROLL INTO INVERSION *INVERSION POP OUT	*SWITH FEET BELOW PREP TO PREP *SWTICH FEET TO BODY	*BARRELL ROLL TWIST AT CRADLE POSITION	*SMUSH DISMOUNT *CRADLE FROM BELOW PREP	*STRAIGHT UP ELEVATOR *TEDDY BEAR *SHOULDER SITS *ELEVATOR SWITCH OVER LIB	*PREP LEVEL LIB SWITCH (WITH OUT RELEASE) *INVERSION FROM PREP TO BELOW PREP WITH RELEASED (SINGLE OR DOUBLE BRACED)
SKILLED LEVEL					
*INVERSION FROM PREP LEVEL CAUGHT AT SMUSH (WITH RELEASE) *INVERSION FROM PREP TO PREP WITH NO RELEASE	*SWITCH FEET PREP TO PREP *PENCIL GRIP UP FROM GROUND TO SMUSH	*180 UP BELOW PREP TO PREP *180 DOWN FROM PREP TO BELOW	*CRADLE FROM PREP (NO SWEEP) DOWN FROM 1 LEG STUNT *PENCIL *CRADLE	*BUNGIE TO EXTENDED *ELEVATOR PRESS UP EXTENDED *STRAIGHT UP LIBERTY TO PREP	*PAPER DOLLS LIBERTY ALL AT PREP LEVEL *EXTENDED LEVEL STUNT BRACED BY PREP LEVEL *SWITCHING FOOT PREP TO PREP OR PREP TO EXTENDED -WHILE BEING BRACED *INVERSION FROM PREP TO PREP WITH RELEASE (SINGLE OR DOUBLE BRACED)
ADVANCED LEVEL					
*INVERSION FROM PREP TO PREP (WITH RELEASE) *TOSSED TO A HANDSTAND POSITION -DOES NOT NEED TO BE RELEASED	*SWITCH FOOT TO A BODY POSITION AT PREP LEVEL *SMUSH TOSS RELEASE CAUGHT BELOW PREP	*360 UP BELOW PREP TO PREP *360 DOWN FROM PREP TO BELOW *360 PREP TO PREP	*BAJA DOWN FROM PREP *SUPERMAN DOWN FROM *FULL DOWN FROM PREP	*STRAIGHT UP LIBERTY TO PREP PULLING A BODY POSITION *STRAIGHT UP EXTENTION *STEP UP EXTENTION	*SWITCHING FOOT AT PREP LEVEL TO PREP OR EXTENDED TO A BODY POSITION W/ BRACE *INVERSION FROM PREP TO EXTENDED WITH BRACE *STRAIGHT UP EXTENDED LIB BRACED *SWITCHING FOOT AT EXTENDED LEVEL TO EXTENDED LEVEL - WHILE BEING BRACED