## **GGGDL 2023 Mounts & Transitions PROGRESSION SHEET** Use this progression sheet to assign a difficulty score (up to 20 points total) for TWO SKILLS: the TWO highest/most difficult mounts or transitions (up to 10 points for the highest difficulty, up to ANOTHER 10 points for the 2nd highest difficulty) performed during the routine. starting from 0... Add 0 points Add 1 point for each Add 2 points for each • add 1 point for full release (as in a toss or pop), • Release add another I point for body position change leg switch during release (e.g., switch-up, tic toc) during release (e.g., straddle or ball) [n/a when top's 2 feet originate at same level] no release inversion involves <1 flip (e.g., from handstand, inversion involves a full flip or 1.25 flip (e.g. rewind Inversion no inversion handspring up, prone flip up) to cradle) full twist (or 0.75 to 1.25 twist with side-facing) Twist 0 to 0.25 twist (side-facing) (.5 points for half twist, 1.5 points for 1.5 twist) 2 twists (or 2.25 twists with side-facing) · add 2 points for extension level, **Ending position** below prep (includes cradle catch or • add another 2 points for ending with 1 arm for Bases arms partner stunt "chair") prep (or partner stunt "hands") level (single base Partner Stunt) **Ending position** two feet (or in a cradle, sponge, flat, or for Top person supported sitting position one foot, lib lib variation (e.g., stretch, arabesque) Front or back flipping mounts & transitions cannot exceed one flip (1.25 if to cradle) and one twist (1.25 if to side-facing stunt). (E.g., full twisting rewind to arabesque or full twisting rewind to cradle.) Therefore, if Mount or Transition involves a full flip (2 points), then the "Twist" point scale changes to: Twist 0 for no twist add 2 points for 0.75 up to 1.25 twists add 1 point for up to 0.5 twist

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starting from 0	Add 0 points	Add 1 point for each	Add 2 points for each
Release	no release	add 1 point for full release (as in a toss or pop),     add another 1 point for body position change     during release (e.g., straddle or ball)	leg switch during release (e.g., switch-up, tic toc) [n/a when top's 2 feet originate at same level]
Inversion	no inversion	inversion involves <1 flip (e.g., from handstand, handspring up, prone flip up)	inversion involves a full flip or 1.25 flip (e.g. rewind to cradle)
Twist	0 to 0.25 twist (side-facing)	full twist (or 0.75 to 1.25 twist with side-facing) (.5 points for half twist, 1.5 points for 1.5 twist)	2 twists (or 2.25 twists with side-facing)
Ending position for Bases arms	below prep (includes cradle catch or partner stunt "chair")	prep (or partner stunt "hands") level	add 2 points for extension level,     add another 2 points for ending with 1 arm     (single base Partner Stunt)
Ending position for Top person	two feet (or in a cradle, sponge, flat, or supported sitting position	one foot, lib	lib variation (e.g., stretch, arabesque)
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	nounts & transitions cannot exceed one flip (1.25 if t ransition involves a full flip (2 points), then the <b>"Twi</b>	to cradle) and one twist (1.25 if to side-facing stunt). (E.g., full twi	sting rewind to arabesque or full twisting rewind to cradle.)
Twist	0 for no twist	add 1 point for up to 0.5 twist	add 2 points for 0.75 up to 1.25 twists