## 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 transition (up to 10 points for the highest difficulty, up to ANOTHER 10 points for the 2 nd highest difficulty) performed during the routine.

| 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) [ $\mathrm{n} / \mathrm{a}$ 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) <br> (. 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, <br> - 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) |

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 $O$ for no twist
add I point for up to 0.5 twist
add 2 points for 0.75 up to 1.25 twists


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