

PCA 2026 Dismounts PROGRESSION SHEET (no changes from two prior years)

Dismounts require a release (if not released = Transitions) and may land in cradle, prone, or assist to performing surface

Use this progression sheet to assign a difficulty score to ONE SKILL: the highest/most difficult dismount performed during the routine.

starting from 0...	Add 0 points	Add 1 point for each*	Add 2 points for each
Body Position (e.g., kick, toe touch)	no body position	1 body position and nothing else (e.g., toe touch cradle)	1 body position added to twisting (e.g, kick full, kick double) or flipping (e.g., xout) dismount to cradle
Inversion	no inversion (starts upright, and no hips-over-head rotation in dismount)	starts inverted (from prep=max height), and ends in cradle/prone (0.25 of a rotation) or ends upright (0.5 rotation) w/assist to ground	"one flip" (one hip-over-head rotation) e.g., 0.75 back flip to prone, 1.0 flip to performance surface (front flip only), or 1.25 back flip to cradle
Twist	0 twist (to cradle or to belly) A quarter (0.25) twist from a side facing stunt (to cradle or to belly) is the same	*Exception Add 0.5 for half twist Add 1.0 for full twist Add 1.5 for 1.5 twist (additional quarter (0.25) from side facing scores the same, do not + add'l .25 points)	2 or 2.25 twists, OR MAX* AMOUNT OF TWIST ALLOWED
<i>* 0 twist allowed on dismount from inverted position, 0 twist allowed on front flip dismount to performing surface, 0.5 twist is allowed on back flip to cradle or prone</i>			
Starting position for Bases' arms	below prep	add 1 point for starting from prep (or hands) level	add 2 points for starting extended (OR MAX HEIGHT if dismount must originate at prep/hands level) add additional 2 points for partner stunt 1 arm
Starting position for Top person	two feet	one foot, lib	lib variation, front- or side-facing (e.g., stretch, arabesque, scorpion, scale...)
<i>* 0 twist allowed on dismount from inverted position, 0 twist allowed on front flip dismount to performing surface, 0.5 twist is allowed on back flip to cradle or prone</i>			
Therefore, if Dismount involves inversion then the "Twist" point scale changes to:			
Twist	-	-	add 2 points for "Twist" for a dismount from inverted position, since no amount of twist is allowed, 0 twist is the MAX
	-	-	add 2 points for "Twist" for dismount that front flips to performing surface, since no amount of twist is allowed, 0 twist is the MAX
	-	-	add 2 points for "Twist" for dismount that back flips and adds 0.5 twist, since 0.5 twist is the MAX