

## Dismounts PROGRESSION SHEET

*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 the highest/most difficult dismount performed during the routine.**

<b>starting from 0...</b>	<b>Add 0 points</b>	<b>Add 1 point for each</b>	<b>Add 2 points for each</b>
<b>Body Position (e.g., kick, toe touch)</b>	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
<b>Inversion</b>	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
<b>Twist</b>	0 up to 0.25 twist	0.5 up to 1.75 twists	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>			
<b>Starting position for Bases' arms</b>	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
<b>Starting position for Top person</b>	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 <b>"Twist"</b> point scale changes to:			
<b>Twist</b>	-	-	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