

PCA 2026 Mounts & Transitions PROGRESSION SHEET (no changes from 2 prior years)					
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		
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]		SCORE THE HIGHEST TRICK, UP TO 10 POINTS
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, 1.5points 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)		
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 1 point for up to 0.5 twist	add 2 points for 0.75 up to 1.25 twists		
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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]		ALSO SCORE THE 2nd HIGHEST TRICK, UP TO ANOTHER 10 POINTS. ADD TO SCORE
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, 1.5points 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)		
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 1 point for up to 0.5 twist	add 2 points for 0.75 up to 1.25 twists		