

Mounts & Transitions PROGRESSION SHEET

Use this progression sheet to assign a difficulty score to the highest/most difficult mount or transition performed during the routine

starting from 0...	Add 0 points	Add 1 point for each	Add 2 points for each
Release	no release	<ul style="list-style-type: none"> • 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) <i>[n/a when top's 2 feet originate at same level]</i>
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	<ul style="list-style-type: none"> • add 2 points for extension level, • add another 2 points for ending with 1 arm (<i>single base Partner Stunt</i>)
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)
max = 10*			
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