

Cheer America College Stunt Progression Chart- **Advanced All Girl**

The below progressions are intended to be a guide to accompany the Scoring Guidelines. Skills listed in each category are based on group stunts unless otherwise stated. Any modification to the stunt group could impact the difficulty of a skill. Other factors include where and how a skill is caught and body positions. **Disclaimer: Cheer America reserves the right to make final decisions on and scoring.**

	INTERMEDIATE	ADVANCED	ELITE
INVERSION SKILLS	<ul style="list-style-type: none"> Released inversion to prep level Connected ground inversion to extended Prep Level Released inversion to Extended 	<ul style="list-style-type: none"> Connected ground up inversion w/modified twisting skill to prep or extended Released inversions with ¼- ½ twist to prep level single leg skill Connected Ground up inversion with 1 full or 1¼ twist Creative hand in hand inversions released to prep level Ground inversion release to prep level hand in Hand Released Ground up inversion to extended Released Ground up inversion to extended skill with ¼ - ¾ twist 	<ul style="list-style-type: none"> Prep Level Hand in Hand inversion Released to Extended FHS ½ to Extended Released Ground up inversion with ½ to ¾ full twist to extended single leg skill Extended Hand in Hand released to extended single leg skill Released Inversion with 1 full twist to extended Extended Hand in hand with forward releasing skill Hand in Hand Inversion Release full twist FHS 1.5 Aerial 1.5 BHS double up
TWISTING SKILLS	<ul style="list-style-type: none"> Modified full twisting stunt to single leg Full twisting to extension Full twisting to extended single leg Hands full around to prep 	<ul style="list-style-type: none"> Hands full around to extended 1-¼ twisting to extended single leg skill 1-¼ twisting to extended Full up single based to extended 1.5 twisting to extended Hands 1.5 to Extended Double up to extended High to High Full around Quick Toss Full Up 	<ul style="list-style-type: none"> Hands Double Around to Extended High to High 1.5 to Extended Quick toss Double Up
RELEASE SKILLS	<ul style="list-style-type: none"> Low to high released skills Switch up to extended single leg skill Twist release to prep level or below High to high releases lib to lib Single based toss to hand 	<ul style="list-style-type: none"> High to high released skills lib to body position High to high body position to body position Full Twisting release to prep level Switch up to extended single leg skill with ¼ -¾ twist Single Based toss to extended Low to high released skills with a twist ¼ -¾ High to high released skills with a twist ¼ -¾ 	<ul style="list-style-type: none"> Rewind Full twist release at extended (high to high) Ground toss to invert Shotgun (stunt flip to stunt) Twisting Rewinds
DISMOUNTS	<ul style="list-style-type: none"> ¼ twisting dismount to cradle Transitions to cradle or prone 	<ul style="list-style-type: none"> Full twisting dismount to cradle Full twisting pop off Kick full dismount Front flip to Cradle Back ¾ to prone 	<ul style="list-style-type: none"> Double Twisting dismounts Front Full Twist to cradle Back ¾ with half/full twist Back flip full twisting dismount

#Athletes	Group Stunt	Pyramid	Toss	COED Style		Tumbling
				MAJ	MOST	
10-11	2	2	2	2	3	6
12-13	2	2	2	3	3	7
14	2	2	2	3	4	8
15	3	3	2	3	4	8
16	3	3	2	3	4	9
17	3	3	2	3	5	9
18	3	3	2	4	5	10
19	3	3	3	4	5	10
20	3	3	3	4	5	11

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GROUP STUNT- A traditional group of 4 athletes.

TOSS- A traditional group of 4 athletes PLUS a front spotter

COED STYLE- A group of 3 athletes (assisted or unassisted)

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8.25.2023

Cheer America College Stunt Progression Chart- **Advanced Coed**

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	INTERMEDIATE	ADVANCED	ELITE
INVERSION SKILLS	<ul style="list-style-type: none"> Connected Ground inversion to extended Ground Inversion Released to Prep Prep Level Released inversion to prep Hand in hand inversions released to prep level Prep Level released inversion to Extended 	<ul style="list-style-type: none"> Connected Ground up inversion with up to 1 full twist Connected full twisting prep level inversion to extended Ground inversion released to hand in hand Released Ground up inversion to extended (RO, BHS, FHS, Cartwheel) Released Ground up inversion to extended skill with $\frac{1}{4}$-$\frac{3}{4}$ twist 	<ul style="list-style-type: none"> Hand in hand at prep released to extended Prep Level Released Inversion with $\frac{1}{2}$-1 full twist to Extended Extended Hand in Hand released to Extended FHS 1.5 Hand in Hand front release to Extended Hand in Hand Release full twist Diamodov to Extended Aerial 1.5 Handski BHS Double Up
TWISTING COED SKILLS	<ul style="list-style-type: none"> Walk In To Extended Full up to Prep Level $\frac{1}{4}$ to Arabesque Walk- In to 1 Arm Extended Full up to Extended Hands Full around to Extended 	<ul style="list-style-type: none"> Full up to Extended Single Leg Full Up to 1 arm Extended Hands full around to Extended Single Leg 	<ul style="list-style-type: none"> High to High Full around to Extended 1.5 up to Extended Hands 1.5 to Extended Hands double to Extended Double up to Extended
RELEASE COED SKILLS	<ul style="list-style-type: none"> Toss to Extension Toss to prep press to 1-arm Extended Low to High Release to Extended Twist Release to below prep level skill 	<ul style="list-style-type: none"> High to High Released Skills Pop Over Toss One Arm Extended Twist Release to Prep Level Twisting Tic Toc to skill (Low to High) 	<ul style="list-style-type: none"> Rewind or Twisting Rewind High to High Full Twist Release Skills Toss to Invert (Pop Tart) Fast Forward/Front to Stunt 1 Arm Rewind Stunt Flip to Stunt (Shotgun) Side Sumi
COED DISMOUNTS		<ul style="list-style-type: none"> Full Twisting Dismount (released) to ground or cradle Front flip to Cradle Back $\frac{3}{4}$ to Prone 	<ul style="list-style-type: none"> Double Twisting dismount (released) to cradle Back Flip to Cradle Front Flip Full Twist To Cradle Back $\frac{3}{4}$ flip with half/full twist Back Flip Full Twisting Dismount (3 Athletes Required)

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10-11	2	2	2	2	3	6
12-13	2	2	2	3	3	7
14	2	2	2	3	4	8
15	3	3	2	3	4	8
16	3	3	2	3	4	9
17	3	3	2	3	5	9
18	3	3	2	4	5	10
19	3	3	3	4	5	10
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Cheer America College Stunt Progression Chart- Intermediate All Girl

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	NOVICE	INTERMEDIATE	ADVANCED
INVERSION SKILLS	<ul style="list-style-type: none"> Connected inversions landing below prep Released inversions landing below prep Below extended level inversions to the ground (Yo-Yo, Back Walkover, etc) 	<ul style="list-style-type: none"> Released inversion to prep level Connected Ground inversion to extended 	<ul style="list-style-type: none"> Connected ground up inversion modified twisting skill to prep or extended Released inversions with ¼ - ½ twist to prep level single leg Creative hand in hand inversions released to prep level (EX. Diamodov) Connected Ground up inversion with 1 full twist or 1¼ twist Ground inversion release to prep level hand in Hand
TWISTING SKILLS	<ul style="list-style-type: none"> Twisting skills below extended level ½ twisting to extended single leg stunt Modified full twisting stunt to 2 feet 	<ul style="list-style-type: none"> Modified full twisting stunt to single leg Full twisting to extended Full twisting to extended single leg Hands full around to prep 	<ul style="list-style-type: none"> Hands Full Around to Extended 1-1/4 twisting to extended 1-1/4 twisting to extended single leg skill Full up single based to extended High to High Full around
RELEASE SKILLS	<ul style="list-style-type: none"> Release skills landing at prep level or below (Ball up, quick toss, switch up) 	<ul style="list-style-type: none"> Low to high released skills Switch up to extended single leg skill Twist release to prep level or below High to high releases lib to lib Single based toss to hands 	<ul style="list-style-type: none"> High to high released skills lib to body position High to high body position to body position Full Twisting release to prep level Switch up to extended single leg skill with ¼ - ½ twist Single Based toss to extended Low to high released skills with a twist ¼ - ¾ High to high released skills with a twist ¼ - ¾
DISMOUNTS	<ul style="list-style-type: none"> Bump downs Pop offs 	<ul style="list-style-type: none"> ¼ twisting dismount to cradle Transitions to cradle or prone 	<ul style="list-style-type: none"> Full twisting dismount to cradle Full twisting pop off Kick full dismount

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TWISTING COED SKILLS	<ul style="list-style-type: none"> Walk In To Prep 	<ul style="list-style-type: none"> Walk In To Extended Full up to Prep Level ¼ to Arabesque Walk- In to 1 Arm Extended Full up to Extended Hands Full around to Extended 	<ul style="list-style-type: none"> Full up to Extended Single Leg Full Up to 1 arm Extended Hands full around to Extended Single Leg
RELEASE COED SKILLS	<ul style="list-style-type: none"> Toss to Prep Level Prep Level Or Below Tic Toc to skill Toss to Prep press Extended 	<ul style="list-style-type: none"> Toss to Extension Toss to prep press to 1-arm Extended Low to High Release to Extended Twist Release to below prep level skill 	<ul style="list-style-type: none"> High to High Released Skills Pop Over Toss One Arm Extended Twist Release to Prep Level Twisting Tic Toc to skill (Low to High)
COED DISMOUNTS	<ul style="list-style-type: none"> Pop Offs 		<ul style="list-style-type: none"> Full Twisting Dismount (released) to ground or cradle

#Athletes	Group Stunt	Pyramid	Toss	COED Style		Tumbling
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